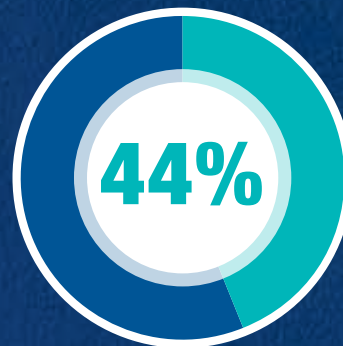


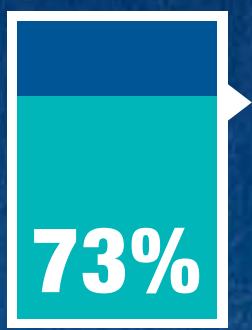
Survey: Atlantic Canadians faring worst when it comes to debt, savings and retirement



Percentage of Atlantic Canadians living pay cheque to pay cheque



Feel overwhelmed by debt (National average 35%)



Have saved only one-quarter or less of what they feel they'll need to retire



24%

Expect the economy in their city or town to improve (National average 39%)



Atlantic Canadians have more debt from car loans than anywhere else in Canada



1 in 3 could not come up with \$2,000 within a month in an emergency



National spending levels have risen



55%

Spend all of or more than their net pay

10%

The Canadian Payroll Association recommends you take control of your finances by automatically directing 10% of your net pay into a separate savings or retirement account - *Pay Yourself First!*