

POWER UP!

FINANCIAL FITNESS FOR ADULTS

WHY FINANCIAL FITNESS?

Times are tough, which make financial workouts more important than ever. This four part financial fitness series is for adults of all ages and life stages.

OCTOBER 7 . WED. 12:00 NOON

GET FIT! Making a Spending Plan: The objectives of this workshop are to Identify information needed to create a spending plan, list ways to track spending, identify ways to prepare a spending plan when times are tough, and create a spending plan.

OCTOBER 14 . WED. 12:00 NOON

BUILD ENDURANCE! Building your Savings? Start with Small Goals: Prioritize and set savings goals, prepare for unexpected expenses, find a place for savings, and make the most of a tax refund.

OCTOBER 21 . WED. 12:00 NOON

FLEX! Debt getting in your way? Get a handle on it. Get the full picture of your existing debt, prioritize debts, set repayment goals and avoid future debt.

OCTOBER 28 . WED. 12:00 NOON

MONITOR! Understanding Credit Reports: Your credit report is a record of your past borrowing including information about late payments and bankruptcy. Understand how to access your credit report, understand the sections, and what goes into calculating your credit score.



UNIVERSITY OF
MARYLAND
EXTENSION

TO REGISTER: https://go.umd.edu/finfit_noon

FOR MORE INFORMATION: CONTACT DR. JESSE KETTERMAN AT JKETTERM@UMD.EDU OR DOROTHY NUCKOLS AT DNUCKOLS@UMD.EDU

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