

## Finding Financial Fitness



New to the workforce, Katie Starr, an Information Security Analyst at CWRU was drawn to the courses of the Wellness Program. In addition to participating in fitness challenges and classes, Katie registered for Financial Wellness 101.

“Before I took Financial Wellness 101, I knew the basics of budgeting and the snowball effect of paying off debt thanks to Dave Ramsey and Reddit’s r/personalfinance, but I didn't really understand anything else. Case's 403(b) plan, healthcare, and other insurance and investment options were very confusing to me because I didn't know what any of it meant and I had no idea where to start. I was also very uncomfortable thinking about finances because I feared that I would be misled by get-rich-quick schemes or become one of those people obsessed with making money, and worst of all, I didn't want to face the hard reality that I was spending far more than I was making.

I took the first class and I noticed the atmosphere was relaxed, the people were kind, and the presentation was welcoming and easy to understand. I felt much more comfortable thinking about finances and taking responsibility for my financial decisions, good and bad. The classes exposed me to topics I never considered or thought I was too young to deal with, and it also made financial decisions actually fun to work on. By the end of the 101 course, I could easily spend 5 hours a week working on my finances (and have fun doing it), where before I couldn't be bothered to spend a half hour a month.

I finally understood the retirement, healthcare, and insurance options that CWRU offers, and I chose my options based on facts that fit my life, not on 'feelings'. After every class I'd talk with my family about what I'd learned, and I even got my younger siblings to be interested in their finances from a deeper level as well.

When the registration for the Financial Wellness 201 class opened, I couldn't sign up faster. I brought a lot of questions I'd had since the 101 class, and updates I was excited to share. I learned so much in those 16 weeks that could've taken me years to learn on my own. I truly enjoy working on my finances now, so much so that my family even suggested I look into helping others.

I cannot recommend these classes enough; if you're like me, it will truly change your outlook.”

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