

Fall 2025- 12 week series

Financial Wellness: Essential Knowledge for Managing your Finances

Wednesdays from 12 noon- 1 pm via Zoom

#	Date	Unit	Topic Title	Brief description
1	9/3	Emotional aspect of Personal Finance (Susan Fee)	Coping Skills to Manage Financial Stress	Everybody has a money story and for over half of Americans, that story is stressful. According to the American Psychological Association's annual poll, most Americans also feel too embarrassed to even talk about money, making the stress even worse. Getting on track with your money includes managing your emotions about it. Research suggests 90% of all financial decisions are emotional. This interactive workshop will provide tools to manage your stress so you can make better decisions
2	9/10	Emotional aspect of Personal Finance (Susan Fee)	Money Stories: Creating a Healthy Relationship with Money	Finish this sentence: Money is _____. Your answer is a clue to some of your earliest childhood money memories that formed your money script. Money scripts are unconscious beliefs about money, often rooted in childhood, that affect adult behaviors and perspectives. If money conversations have caused you conflict or stress, you're not alone. The solution has nothing to do with numbers. Once you understand the emotional roots of your money story, talking about money becomes less stressful (and even fun!)
3	9/17	Saving/Budgeting	Using personal budgets to build savings	Financial freedom begins with saving money. This session offers tips for saving money and discusses how personal budgets and net worth statements can be used to help achieve saving goals.
4	9/24	Investing	Investing I: The nuts and bolts	This session lays the foundation for investing, and how it can work for you, by introducing key investing concepts such as the time value of money, diversification, asset classes, and portfolio allocation.
5	10/1	Investing	Investing II: Stock market investments	Diversified portfolios generally include some stock market investments for "offense". This session explains stock market indexes and different types of funds, including mutual funds, Exchange Traded Funds (ETFs), and target date funds.
6	10/8	Investing	Investing III: Fixed income and cash investments	Diversified portfolios generally include some fixed income and cash for "defense". This session discusses CDs, bonds

				and bond funds, as well as low-risk, liquid investments for holding your cash while earning a return.
7	10/15	Retirement planning	What you should know about social security	This session explains how the social security system works, who is eligible to receive benefits, how the dollar amount of benefits is determined, and factors to consider in deciding when to start collecting benefits.
8	10/22	Retirement planning	Retirement savings: Planning for the golden years	This session discusses saving for retirement and compares tax-advantaged retirement accounts, such as IRAs, 401k and 403b accounts, as well as their Roth counterparts.
9	10/29	Debt	Managing debt: How to minimize the cost of borrowing	This session provides insights on how to keep debt manageable and provides strategies for minimizing interest and tackling existing debt.
10	11/5	Debt	How to protect and improve your credit score	A person's credit score significantly impacts their ability to obtain loans, receive favorable interest rates, and get lower car insurance rates. This session describes the factors impacting credit scores and how to improve one's score.
11	11/12	Insurance	Insurance: Financial protection in the event of loss	This session describes the role of insurance in protecting your financial assets. It will explain different types of insurance and the factors you should consider in determining appropriate coverage levels.
12	11/19	Estate planning	Estate planning essentials	The final session of the series describes financial and healthcare advance directives and explains the importance of having them in place. It also clarifies how assets are distributed after death and provides strategies for avoiding probate.