

# 2023 Financial Wellness Training Series

All webinars are conducted live and scheduled from 12:00-1:00 pm ET

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January 11, 2023 **Personal Money Management**

This very practical training addresses issues related to developing a budget, understanding credit, and coping with debt. Participants will add to their knowledge and understanding of finances to help reduce their debt, learn how to avoid common mistakes, and develop strategies to protect their financial security.

[Click here to register](#)

April 25, 2023 **Gain Control of Debt**

There can be many different reasons why people get into financial jams, and almost everyone struggles with financial problems at one time or another. This training examines how to evaluate debt responsibilities, consolidate debt, and work with creditors to effectively reduce debt. This very practical and useful training can help participants to get on the right track to better manage their personal finances.

[Click here to register](#)

July 11, 2023 **Making a Connection Between Financial and Emotional Wellbeing**

This training examines the emotional and psychological factors that influence how to manage finances. Participants will explore, and privately consider, how their emotions, values and needs all play an important part in how well they manage their money.

[Click here to register](#)

October 10, 2023 **Understanding & Improving Your Credit**

Credit plays an important role in almost everyone's life. Have you ever wondered what a credit score is based on? Do you ever wonder who uses it and why it's important to have a good credit score? What is a good credit score? Attend this training to learn about the importance of developing and maintaining good credit and the importance of understanding the role credit plays in your life. Resources for obtaining your credit score will also be shared.

[Click here to register](#)