

Get financially fit this year – Let UI Extension help

Did you know that the UI Extension offers a wide array of financial wellness programs and resources? This semester they will offer the following: Financial Planning for Young Adults course, savings challenge during America Saves Week, individual financial coaching through their Money Mentors program, and numerous workshops. They also maintain a wealth of useful information on their website. Continue reading to learn more about all of these resources:

America Saves Week: February 26 – March 3, 2018

Mark your calendars for the upcoming America Saves Week: a chance to set a savings goal and start saving, or increase your current saving amount. Small amounts do add up! Research shows the important step is to start savings and save regularly. Set your savings goals and access helpful resources at [University of Illinois Saves](#).

Move Forward with Your Personal Finances

Did you resolve this year to improve your financial situation? Would you like help organizing your finances or achieving your financial goals? University of Illinois Extension's Money Mentors program may be a good fit for you! Trained, volunteer mentors provide free, confidential, individual meetings to help you clarify your financial goals and motivate you to move forward. Learn more at <http://go.illinois.edu/MoneyMentors> or call 217-333-7672.

Financial Planning for Young Adults

Improve your financial knowledge from the comfort of your home by enrolling in the online course, [Financial Planning for Young Adults](#). This Coursera course produced by University of Illinois is free (although you can pay to receive a certificate) and provides activities to apply the information you learn to your own situation.

The course includes seven separate modules, each intended to be completed in approximately one week:

- 1) Setting Financial Goals and Assessing Your Situation
- 2) Saving Strategies
- 3) Long-term Savings and Investment
- 4) Budgeting and Cash Flow Management

- 5) Risk Management
- 6) Borrowing and Credit
- 7) Financial Planning as a Career

Money Smart Week: April 21-28, 2018

[Money Smart Week](#) is coming back to town in 2018. Save the date now for workshops throughout the community and on campus.

Plan Well, Retire Well: Saving and investing your money

Our financial lives are complex, and there is always something new happening in the financial world. Stay up-to-date on timely topics with unbiased, research-based blogging from University of Illinois Extension's educators. Subscribe to the [Plan Well, Retire Well](#) blog to receive notices of new blog posts.