

# Financial Wellness Workshops



## Eating and Exercising on a Budget

Learn some tips and tricks for planning meals and incorporating exercise into your day. Find out how to eat healthy and be physically active without compromising your budget.

**WEDNESDAY,**  
**September 13th**  
**12 p.m. - 1 p.m.**  
**HUB 379**

## Create a budget, ditch your debt and start saving for the future

What you need to know about budgeting, debt management, and making room for saving.

**TUESDAY,**  
**October 17th**  
**12 p.m. - 1 p.m.**  
**HUB 379**

## Build a portfolio for any weather

Review common investments types, determine how to select a mix of investments that align with your goals and why the UC Savings Program is a great place to start.

**TUESDAY,**  
**October 24th**  
**12 p.m. - 1 p.m.**  
**HUB 379**

Register for these workshops at <http://ucrwellnessprogram.eventbrite.com>

Contact Nicole Collins at [Nicole.collins@ucr.edu](mailto:Nicole.collins@ucr.edu) or call (951) 827-5082 for more information