

HEALTHY MONEY HABITS MISSION STATEMENT

The Healthy Money Habits program provides resources and education around money and finances, which help patients to handle financial stressors that may impact their overall health and well-being.

May is here! Did you know that the word mom upside down spells, WOW? Moms are amazing so let's celebrate them!

There are many ways to celebrate Mother's Day that won't break the bank. Here are some ways you can show your mom how much you care without draining your wallet.

1. Give Mom a staycation
2. Go out - for free
3. Make some memories
4. Have a family movie night
5. Look for restaurant deals
6. Game night

CLASS SCHEDULE

<p>LUN 5/8/2023 Financiamiento 101 (ESP) 5:30 - 6:30 PM Break Room</p>	<p>TUE 5/9/2023 Budget (ENG) 5:30 - 6:30 PM Break Room</p>	<p>MIE 5/11/2023 Presupuestos (ESP) 10 - 11 AM Comm Room A</p>
<p>MAR 5/16/2023 Financiamiento 101 (ESP) 5:30 - 6:30 PM Break Room</p>	<p>WED 5/17/2023 Savings (ENG) 10 - 11 AM Comm Room A</p>	<p>JUE 5/18/2023 Ahorros (ESP) 9 - 10 AM Sala de conferencias de salud mental</p>
<p>TUE 5/23/2023 Credit (ENG) 5:30 - 6:30 PM Break Room</p>	<p>MIE 5/24/2023 Credito (ESP) 10 - 11 AM Comm Room A</p>	<p>JUE 5/25/2023 Financiamiento 101 (ESP) 9 - 10 AM Comm Room B</p>

DEAR FINANCIAL COACH

Q: I want to take steps to save more money. How can I lower my monthly bills?

A: You can lower your monthly bills by taking steps that require discipline over time. Small tweaks can help you save on many areas which can free up money to put away. One place you can start looking for quick savings is your utilities. Take a look at your cable and internet, cell phone, electricity, etcetera. Start making adjustments there. In this case, if you don't use it, you can lose it and start saving. Remember, saving is a marathon not a sprint, and if you stay the course you will see your savings increase over time.