

# FINANCIAL FITNESS BOOT CAMP

*A 4-part certificate workshop series*



**Financial Fitness Boot Camp** is a 4-part workshop series designed to help people take control of their finances to achieve a stable financial future! A certificate is awarded to participants who complete all four sessions. We'll cover the following topics & more:

## PART 1: BUDGETING

**Wednesday, October 2, 2019, 3 – 5pm**

- ▶ Understand how & why to make a budget
- ▶ Prioritize & cut expenses
- ▶ Know the difference between WANTS & NEEDS
- ▶ Learn to maintain & update your budget

## PART 3: BANKING

**Wednesday, October 16, 2019, 3 – 5pm**

- ▶ The differences between banks & credit unions, as well as checking & savings accounts
- ▶ How to qualify for a Bank On Seattle-King County account

## PART 2: CREDIT & CREDIT REPAIR

**Wednesday, October 9, 2019, 3 – 5pm**

- ▶ Pull, read & understand your credit report
- ▶ Understand predatory loans
- ▶ Demystify the credit report dispute process
- ▶ Set goals to raise your credit score

## PART 4: GOAL SETTING

**Wednesday, October 23, 2019, 3 – 5pm**

- ▶ How to set S.M.A.R.T. goals (Specific, Measurable, Attainable, Relevant & Time-Bound)
- ▶ How to make a vision board to identify what you want, need & value – then move from vision toward reality

**WHERE: Solid Ground's Headquarters Building**

1501 North 45<sup>th</sup> Street, Seattle, WA 98103 (1<sup>st</sup> Floor, Cheryl Cobbs Murphy Room)

**QUESTIONS/TO RSVP, CONTACT:**

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**206.694.6864**

*Financial Fitness Boot Camp  
is a program of...*



Building community to end poverty