

FREE!

FINANCIAL FITNESS

a comprehensive course in personal finance

WORKSHOPS

OCTOBER 14

Welcome to Financial Literacy
& Money Management

OCTOBER 21

Understanding Credit
& Debt Management

OCTOBER 28

Auto Buying
& Fraud/Identity Theft

NOVEMBER 4

Protecting Your Assets
& Completion Celebration

Why participate in Financial Fitness with Peak Credit Union?

Completing this program can help reduce financial stress, improve financial wellness, and improve overall quality of life.

- Develop practical skills for managing your finances effectively
- Access to certified financial education instructors and certified financial counselors who provide personalized guidance
- Access to free tools and resources



To Learn More
Email: communitybuilders@peakcu.org

Join us!

Wednesdays
Oct. 14 - Nov. 4
6:00pm - 8:00pm
Arrive at 5:30pm for dinner

FESS Office

6840 Capitol Blvd SW, Bldg 3
Tumwater, WA 98501

Childcare is not available



Register Here:

www.familyess.org/FinancialFitness

Program Highlights

- Seven instructor-led workshops.
(2 sessions each week, including completion celebration)
- Seven independent study assignments
- Assignment tasks associated with each workshop topic
- Final project – Written, video or verbal summary of the journey through the Financial Fitness program
- Invitation to a completion celebration and upon full completion

FREE DINNER AND GIFT CARD RAFFLES OFFERED THROUGHOUT THE SERIES

Participant Commitments

- Attend all workshops
- Complete all assignments and independent study
- Complete the final project
- Complete a survey of your financial wellness at 6 months and 1 year post completion

