

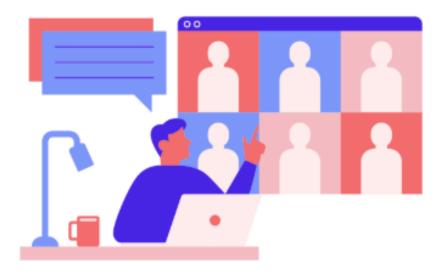
ASSET BUILDING COURSE CATALOG

OCTOBER 2025



Workshops are free and open to the public!

Virtual Workshops



WORKSHOP	DATE	TIME	LOCATION	CONTACT
Eating Healthy on A Budget	Wednesday 10/8	6:00 pm - 7:00 pm	Register via Zoom	Ksaylorgordon@heartlandhumancareservices.org
Make the Most of Your Employee Benefits	Tuesday 10/14	6:00 pm - 7:30 pm	Register via Zoom	blmartinez@heartlandhumancareservices.org
Holiday Spending without Breaking the Bank	Thursday 10/22	6:00 pm - 7:00 pm	Register via Zoom	blmartinez@heartlandhumancareservices.org
Get Help with Your Credit Problems	Wednesday 10/29	6:00 pm - 7:00 pm	Register via Zoom	Ksaylorgordon@heartlandhumancareservices.org



OCTOBER 15TH IS NATIONAL HEALTH SAVINGS ACCOUNT (HSA) DAY

Celebrate by learning how Health Savings Accounts (HSAs) can empower your financial and healthcare planning. HSAs offer triple-tax advantages—tax-free contributions, growth, and withdrawals for qualified medical expenses—making them a powerful tool for both immediate needs and long-term security, including retirement. This is a great opportunity to explore HSA benefits, access educational resources, and discover strategies for maximizing your account. You can start by checking out the IL Financial Wellness Hub's free HSA course here: https://illinoistreasurer.enrich.org/courses/how-to-make-the-most-of-your-hsa

WORKSHOP DESCRIPTIONS

Eating Healthy on A Budget

Discover tips, tech tools, and local resources to help you maintain a nutritious diet while staying within your budget.

Make the Most of Your Employee Benefits

Learn how to leverage employee benefits, understand the power of investing, and assess your readiness to start building and protecting your wealth.

Holiday Spending without Breaking the Bank We'll discuss how to create a meaningful holiday without breaking the bank and help you create a holiday budget!

Get Help with Your Credit Problems

Learn to improve your credit, deal with collections, repay your debt, and overcome identity theft.





National Savings Day: 10/12/25

October 12 is National Savings Day! This day reminds us of the importance of saving and building financial confidence.

National Savings Day encourages everyone to set achievable goals, create a budget, and even automate savings to make the process simple and consistent.

Whether you're saving for a dream vacation, a home, or your future, it's a great opportunity to take small steps toward financial stability and peace of mind. this option is available to you.

GROUP GUIDELINES

The following guidelines are designed to help us stay focused on our journey towards better money management.

PROMPTNESS Please arrive on time. If you come in after we have begun, please come in quietly. **RESPECT** Give your undivided attention to the speaker (no cross-talking or interruptions) Please silence your phones.

CONFIDENTIALITY Personal information that is shared in the group should remain in the group. **PARTICIPATION** Share your thoughts and feelings, offer support, encouragement, and suggestions, if sought.

CHILDREN Although workshops are generally geared towards adults, children are welcome to attend as well.

WORKSHOP ATTENDANCE POLICY

<u>Stay for at least 45 minutes after the webinar starts</u>: To ensure attendance and qualify for full credit, you must be present for a minimum of 45 minutes from the beginning of the webinar.