

First Florida Credit Union

# Financial Fitness program

2.10.2018



On Saturday, February 10th, First Florida hosted a Financial Fitness lunch and learn at the Northside branch in Tallahassee.

During the workshop, credit union members, and their friends/family learned the importance of setting SMART - specific, measurable, adjustable, realistic, and time-oriented goals, the role of credit, how to create and maintain a budget, and tangible ways to save for the future.



We also discussed identifying spending leaks by utilizing a handy expense worksheet to track all spending for one week.

The group was interactive and many participants stuck around after the presentation to take advantage of a question and answer period with First Florida representatives who came to Northside to assist with the workshop. Thank you to Ruthellen Caldwell, Debbie Pelletier, Richard Abt, Jazmine Watson, and Marcus Jackson.



As a result of the presentation, many participants realized the importance of tracking their spending to identify leaks, and then using that information to set and stick with a new plan to improve their financial fitness!