Financial wellness is the ability to have a healthy financial life. It allows you to have control over your finances; have the capacity to absorb an emergency or financial crisis; are on track to meet your financial goals; and have the financial freedom to make the choices that allow you to enjoy life.

Financial Wellness Week Information and Events

January 25 - 29, 2021 • #GatorsChompChange

Financial Wellness Presentations

Financially Fit — Tuesday, January 26 from 3 - 4:00 pm.
Learn about financial wellness, money management, financial protection, and preparing for the future.
Register at www.sfa.ufl.edu/financial-wellness

Bougie on a Budget — Thursday, January 28 from 3 - 4:00 pm.
Learn about finding ways to enjoy the good life while budgeting your student finances.
Register at www.sfa.ufl.edu/financial-wellness

Students participating in the presentation events will be considered for giveaways donated by the UF Bookstore, UF Admissions, and UF Student Financial Aid and Scholarships.

Financial Wellness Tools and Information

Find budgeting tools, resources, tips, and more on SFA’s webpage www.sfa.ufl.edu/financial-wellness and on social media @UFSFA.

Cooking on a Budget

UF’s Field and Fork Campus Food Program and Pantry will present a cooking demonstration on @UFSFA social media channels.
Cooking tips, recipes and the video will also be available at www.sfa.ufl.edu/financial-wellness.

Student Financial Aid and Scholarships

www.sfa.ufl.edu • 352-392-1275 • Financial aid help: https://onestop.em.ufl.edu/connect