



**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](http://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](http://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](http://www.sfa.ufl.edu/financial-wellness) and on social media [@UFSFA](https://twitter.com/UFSFA).



### Cooking on a Budget

UF's Field and Fork Campus Food Program and Pantry will present a cooking demonstration on [@UFSFA](https://twitter.com/UFSFA) social media channels.

*Cooking tips, recipes and the video will also be available at [www.sfa.ufl.edu/financial-wellness](http://www.sfa.ufl.edu/financial-wellness).*

# Student Financial Aid and Scholarships

[www.sfa.ufl.edu](http://www.sfa.ufl.edu) • 352-392-1275 • Financial aid help: <https://onestop.em.ufl.edu/connect>

