



HEALTH & WELLNESS: FINANCES FOR FOR TODAY

A one-day (0.7 CEU) performance-focused training



CORE COMPETENCIES

UPPER MOHAWK, INC. (UMI) is a federally accredited Woman-Owned Small Business (WOSB) under the 8(m) Federal Small Business Program and a State of Florida-certified Woman-Owned Small Business. UMI's Training Division has extensive experience creating customized training solutions, as well as providing a broad course catalog for government agencies and private organizations.

WHAT IS THIS COURSE?

Our 8-hour Health & Wellness: Finances for Today course is designed to strengthen financial fitness and build a solid foundation for money management. Participants will learn how to create and use a spending plan, understand credit reports and credit scores, and recognize the impact financial stress can have on overall well-being.

This course equips participants with essential, real-world tools to effectively manage financial challenges in both personal and professional settings.

COURSE FOCUS

- Build and maintain a practical budget
- Learn essential financial tools
- Understand and improve your credit score
- Recognize compulsive debt habits and available support resources
- Understand compound interest and its impact on your financial future
- Discover the benefits of investing for retirement
- Understand 401(k) benefits for long-term financial security
- Understand bankruptcy and alternatives
- Identify financial stress and its effects at home and on the job

WHY THIS COURSE MATTERS

This training delivers real-world financial skills that anyone can use right away to reduce stress and improve financial stability. By addressing the connection between money management, family dynamics, emotional triggers, and job performance, the training strengthens both personal stability and mission readiness.

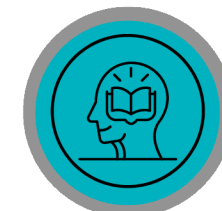
ENDORSEMENTS

This Course has been endorsed by the Volusia County Sheriff's Department, Cocoa Police Department, and Titusville Police Department.

Innovative Training Solutions for Organizations.

COURSE STRUCTURE

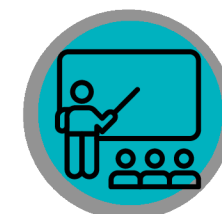
- Budgeting
- Credit Report/ Credit Score
- Bankruptcy/Fair Debt Collection
- Compulsive Debt
- Financial Stress/Youth Health
- Investing and Retirement



Learning Environment
Classroom.



Course Length
8 Hour Course-
2 Scheduled
Breaks Included



Class Size
Max 20.



Credit Hours
Earn 0.7 CEUs
upon full course
completion.

OUR CERTIFICATIONS

Unique Entity ID: PHHWWNNITRT5
CAGE Code: 4WTS1

Certification

- Accredited CEU Provider by IACET
- IADLEST



Provider# 1005781



Provider #
24808-2406

FOR MORE INFORMATION

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