



Financial Wellness

Managing Your Money and Your Stress

4 Week Challenge | Oct 19 – Nov 16

81% of Americans name money as the number one factor that affects their stress level. (APA Survey 2008)

O
v
e
r
v
i
e
w

This four-week Financial Wellness program encourages employees to think about their short-term and long-term goals and how to make them a reality by taking one step at a time. The program was developed by Lora Reinholz (Bus Ad 1984). Lora has been an adjunct faculty member in the College of Business Administration since 2002 and is currently teaching a financial planning course (FINA4020).

Financial Wellness Program Events

Financial Wellness Presentation

October 19 , noon-1pm in Raynor Conference Center Beaumier Suites B/C

An overview of personal finance by Lora Reinholz . Lora will have you thinking about your current financial situation, your future goals, and all the steps in between.

Financial Wellness 4 Week Challenge

October 19 – November 16

This program provides an opportunity for you to create a vision, complete your personal financial statements, make a difference with your finances, and identify helpful resources. You will earn and track points for completing the activities below:

- Tracking your expenses each day (1 pt/day for a total of 7pts/wk)
- Completing the Weekly Activity outlined in the Weekly Handout (1 pt/wk)
- Reducing expenses that don't align with your goals (1pt/wk)

Each week that you earn the maximum 9 points, you will be entered into a weekly prize drawing. Participants who accumulate all 36 points (by earning 9 points every week through the 4 week challenge) will be entered into a grand prize drawing.

Financial Wellness Celebration

November 16, noon-1pm in Raynor Conference Center Beaumier Suites B/C

Lora will host a facilitated discussion to review/update goals and highlight successes!

To register or get more details, employees may contact Mandi Weis, Employee Wellness Coordinator, at 8-4581 or mandi.weis@marquette.edu.