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FALL INTO FINANCIAL FITNESS WITH WOMEN, WORK, AND COMMUNITY

Bangor – Do you worry about money? Does your credit need repair? Do you wonder how you can save for retirement, or buy a home? Sarah Morehead, author of “I HATE Money: Understanding Your Financial Attitude,” will headline “Fall into Financial Fitness,” a free, half-day conference exploring a wide variety of money topics. Hosted by Women, Work, and Community, “Fall into Financial Fitness” will be held Saturday, September 22, 2012, from 8:45 a.m. to 1:30 p.m. at Eastport Hall, University of Maine at Augusta – Bangor Campus, 128 Texas Avenue.

“For most of us, money is not about numbers,” said author Sarah Morehead. “It’s about the stories we tell ourselves about what we can and can’t do in life, based on those numbers.” In her talk, Morehead will address strategies for meeting long-term financial goals while avoiding feelings of deprivation in the short term. Morehead teaches financial planning seminars through the University of Maine’s Household Financial Education Program, holds a certification as a Master Personal Financial Planner and is pursuing her doctoral studies in economics.

The conference will include up to 10 workshops provided by local financial professionals on varied topics such as credit, home buying, insurance and investments, and recognizing your own financial attitude.

Major sponsors include Katahdin Trust Co. and Morgan Stanley Smith Barney. Admission is free but donations are appreciated. Donations and other sponsorships will help Women, Work and Community expand its financial literacy programming and provide mini-grants to small businesses.

For more information about “Fall into Financial Fitness” or Women, Work and Community, contact Susan Russell, (207) 262-7842, susan.russell@maine.edu. Since 1978, Women, Work and Community has been helping families succeed in the Maine economy and achieve economic security by helping individuals recognize strengths, overcome barriers, find resources, develop plans and take actions toward their goals. Women, Work and community serves all 16 Maine counties through 10 centers and eight outreach sites.

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