

## Financial Fitness

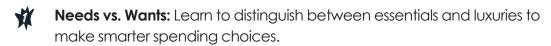


For Mob, By Mob

## Ready to take control of your financial future? Join our workshop and discover how to turn your financial goals into reality!

**'Financial Fitness'** is focused on fostering financial prosperity and cultivating positive money habits among Aboriginal and Torres Strait Islander individuals aged 16-60. This course is designed with your unique needs in mind, providing you with essential skills to manage your finances effectively while honoring your cultural values and aspirations.

What You'll Learn:



**Spending Diary:** Discover how to track your expenses effectively and identify where your money is going.

**Budgeting:** Create a personalised budget that suits your needs and helps you stay financially on track.

**Emergency Funds:** Understand the importance of an emergency fund and how to build one to protect against unexpected costs.

**Setting Goals:** Set clear financial goals and learn actionable steps to achieve them, from saving for a big purchase to planning for retirement.

## Do you think this program would be helpful to you?

AFSS' Community Safety and Wellbeing team welcome you to participate in this culturally safe and confidential program being offered to participants across South Australia.

To find out more, please email csw@afss.com.au or contact AFSS CS&W team at:

Winafiela

1 Comer South & Grand Junction Road - 8281 3440 Mount Gambier 20 Elizabeth Street

8723 6110

8-10 Victoria Parade 8641 0907 Port Lincoln 21 Washington Street 8683 1909

Lot 1991 Aylett Street



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