

Explore classes to help meet your financial goals

Hennepin County is sponsoring a series of classes in 2024, hosted by LSS Financial Services, to help you learn more steps you can take that support your financial well-being and help you achieve your goals.

February 7: Stop Making Resolutions – Turn your Financial Goals into Reality

11:30 a.m. – 12:30 p.m. | Hosted by LSS Financial Services

Learn proven strategies to organize your finances; set achievable goals; and learn techniques to help you change financial behaviors that keep you stuck.

February 15: Get a Financial Health Check Up

11:30 a.m. – 12:30 p.m. | Hosted by LSS Financial Services

Just like with our physical health, building financial health requires steps that we take daily, monthly, and annually. You will learn how to: Assess your financial health on an annual basis with a financial health checkup; determine your "fin-metrics" that indicate financial health so you can set monthly goals to improve your stats; and identify daily habits to practice that will help you build resiliency and achieve financial wellness.

February 20: Money Management Basics

11:30 a.m. – 12:30 p.m. | Hosted by LSS Financial Services

Create solid financial foundations, from building a minimum emergency reserve all the way to maximizing retirement savings. Use proven economic behavioral strategies and action steps to help you control your spending and set realistic financial goals that build upon each other.

March 13: Women, Money and Confidence

12:00 – 1:00 p.m. | Hosted by LSS Financial Services

Women have all the skills, knowledge, and tools they need to be successful with money and finance. The biggest thing lacking? Confidence. In this workshop you will: Explore money personalities and how to overcome common scripts learned in childhood; discuss money management skills that you can incorporate into reaching your financial goals, including salary negotiation, debt reduction and investing basics.

March 20: Financial Stress Busters

12:30 – 1:30 p.m. | Hosted by LSS Financial Services

The rising cost of living demands tough choices from everyday spending to reaching bigger life goals, like buying a home, saving for college or retiring. Considering decision fatigue, rising interest on debts, and low levels of saving, it's no surprise money has become one of the top stressors for many of us. Learn methods to regain a healthy sense of control, including:

Stress reduction techniques; recognizing and challenging money beliefs; prioritizing debt payments; and behavioral tips to change old money habits into new ones.

April 10: Successful Steps to Saving

12:30 – 1:30 p.m. | Hosted by LSS Financial Services

Seventy-two percent of Americans struggle to pay for a surprise \$1,000 expense without taking on debt. Learn how you create your step-by-step plan to reach your savings goal and be prepared for surprise expenses.

April 16: Decimate Your Debt

11:00 a.m. – 12:00 p.m. | Hosted by LSS Financial Services

Transform a financial life that is burdened by debt with a solid plan to pay it off. Explore specific strategies that repay debt faster and save money on interest payments.

April 25: Investing 101

11:30 a.m. – 12:30 p.m. | Hosted by LSS Financial Services

An introduction to the following concepts and tips to help you grow your assets to reach a financial goal: compound interest and how it builds wealth; dollar-cost averaging and how it might benefit your investment strategy; the importance of diversifying your assets; and ways to find trusted experts to help you with future planning. *This is an informational course only. LSS cannot provide investment advice.*

May 8: Practical Steps to Loan Forgiveness

12:00 – 1:00 p.m. | Hosted by LSS Financial Services

Public Service Loan Forgiveness (PSLF) is a federal student loan program that forgives the remaining balance of any federal student loan after 120 payments for borrowers who work in the public sector. Up until recently very few have successfully achieved loan forgiveness through this program due to a lack of understanding of the policies and processes guiding it. This workshop is designed to teach public sector employees how to start the payment count toward loan forgiveness; understand how to ensure payments qualify; define qualifying employment; and request loan forgiveness once 120 payments have been made.

May 22: Planning For a Happy Retirement

12:00 – 1:00 p.m. | Hosted by LSS Financial Services

If you are nearing retirement this is the workshop for you. Everyone knows that saving for retirement is important, but there are other factors to consider the closer you get. In this workshop you will consider lifestyle scenarios that affect your costs; make a plan to eliminate debt that may drain funds more quickly; and talk about how to spend your long-saved funds in ways that lead to happiness.

Register for a class

Employee registration is available [APEX](#). Spouses and retirees can register [here](#).

All classes will be hosted on Microsoft Teams. You can earn 300 wellness points for each class you attend – up to five classes per program year.

Additional resources

Visit the [Bridge](#) for more resources to support your financial health, including financial counseling, tools to create budgets and action plans, and more.