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FOR IMMEDIATE RELEASE

AgriLife Extension to offer Financial Fitness – financial education and actionable strategies for success

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LUBBOCK – Improving financial security and tackling confusing financial issues is one of the most common New Year’s resolutions. As we approach the latter part of 2021, Texas A&M AgriLife Extension in Lubbock County will be hosting a Financial Fitness workshop series designed to empower attendees with education and actionable strategies to strengthen their personal finances. Dr. Jason Johnson, AgriLife Extension Economist will lead the educational programming. Dr. Johnson will be sharing his 20+ years of experience working with families in the areas of personal financial management and investment management.

The Financial Fitness workshop is a four-session series offered once a week on Monday evenings in October. Each class will be held from 6:30-8:30 p.m. in the 1st floor lobby of the county building at 916 Main in Lubbock. Registration will begin at 6:00 p.m. Session dates are October 4, 11, 18 and 25. Participants will receive a complete workshop notebook with all materials and resources. Refreshments will be also provided at each session.

Financial topics to be discussed include: financial record-keeping basics, emergency savings alternatives, approaches to consumer spending, auto, home and health insurance, management of financial accounts, credit management, investment accounts and investment alternatives, retirement planning, and estate planning. The workshop series is an excellent springboard to help participants put together a broad financial plan and then chart their progress toward achieving their financial goals.

Cost of the program is \$65 per person/couple for the entire series, and class size is limited to 30 to facilitate discussion among participants. Registration slots will be filled on a first-paid, first-served basis, so early registration is strongly encouraged. Registration may be made by contacting the Lubbock County AgriLife Extension Office 806-775-1740. The deadline for registering is Monday, September 27, 2021.

“Far too often we receive financial advice only from someone who is selling a product or has a vested interest in the choices we make as consumers,” Johnson said. “By contrast, the Financial Fitness workshop offered by AgriLife Extension is unique in that no financial products are being sold, nor information being solicited. The information presented is purely educational in nature and designed to permit participants to ask questions, evaluate their own situational needs and make decisions from an informed perspective.”

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Individuals with disabilities who require an auxiliary aid, service or accommodation in order to participate in Extension sponsored meetings are encouraged to contact the County Extension Office at 775-1740 to determine how reasonable accommodations can be made.

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