

News Column for Use Week of 5/3/2021  
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River Valley Extension District  
4/29/2021

## **Wallet Wisdom**

According to the American Psychological Association, approximately 64% of Americans report feeling stressed about money. Join K-State Research and Extension's Wallet Wisdom webinar series for money management tools and resources.

This webinar series is being held on six Thursdays at noon via Zoom and covers a variety of money management topics, including spending plans, savings, debt management, and more. While this series started a few weeks ago, you can still participate in the remaining sessions by registering online at <https://bit.ly/walletwisdom2021>.

The remaining sessions include:

- Thursday, May 6<sup>th</sup> at Noon – Spending Plans
- Thursday, May 13<sup>th</sup> at Noon – Increasing Savings
- Thursday, May 20<sup>th</sup> at Noon – Debt Management
- Thursday, May 27<sup>th</sup> at Noon – All About Credit

You can watch the recorded two sessions titled “A Financial Checkup” and “Emotions and Money” on YouTube at

[https://youtube.com/playlist?list=PLG7ORoPbvJjpQfOWUTsojaRaI\\_SXBcFg](https://youtube.com/playlist?list=PLG7ORoPbvJjpQfOWUTsojaRaI_SXBcFg).

Since everyone's financial situation is different, it is important to note that this series does not constitute financial advice. Instead, it provides a variety of money management tools and resources, but individuals and families will have to decide what works best in their situation.

If you have any questions regarding the Wallet Wisdom webinar series or any money management topics, please contact Monica Thayer, Family Resource Management Extension Agent, at 785-527-5084 or [mthayer@ksu.edu](mailto:mthayer@ksu.edu).

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