



Economic Wellness

Through one-on-one coaching, financial education and access to credit and wealth building financial products, members receive economic wellness services that provide the support needed to achieve their economic goals. Families, individuals and LifeWise StL employees are invited to attend financial education classes and meet privately with financial social workers and coaches to establish clearly defined goals and develop strategies to meet them.

Services include:

- Obtaining and reviewing credit reports
- Creating debt-reduction plans
- Creating savings goals and plans
- Accessing checking and savings accounts
- Organizing and understanding financial documents
- Designing a unique budget
- Addressing the behaviors that prevent individuals from successfully reaching goals
- Accessing healthy wealth-building and credit-building products

Suggested Donations

- 1-inch binders
- binder folders
- accordion file folders
- tiny accordion file folders for receipts
- notebooks
- planners
- gift cards (grocery, gas, etc.)
- office supplies (highlighters, pens, pencils)
- piggy banks
- tote bags
- wallets (men and women) (NEW)
- all-day bus tickets (good for one year)
- *The Home Budget Workbook* by Eleanor Blayney
- *Money & Me Workbook WOW Edition: Words of Wisdom* by Sara Money
- *Rich Dad Poor Dad* by Robert Kiyosaki (English & Spanish)
- *El monje que vendió su Ferrarri: Una fábula spiritual* by Robin Sharma
- *Las cosas pequeñas: Por qué realmente DEBERÍA preocuparse por las pequeñas cosas* by Andy Andrews