



September 29, 2021 Weekly Email

Are you ready for the information and updates Wealth Work\$ has for you this week?

In this week's email, we are providing information on:

- Preparing to go back to school as an Adult
- Registering for the upcoming Cleveland Marathon
- Joining the America Saves Pledge and the Coin Challenge



## College for Adults

Starting or returning to college, as an adult can be overwhelming.

Never been to college—or started but never finished?

Starting or returning to college, as an adult can feel overwhelming. However, it does not have to overwhelm you. Follow the steps below to make your experience as smooth as possible.

**1. Be prepared.** Don't have a high school degree? Get started earning your [high school equivalency](#).

**2. Gather materials and documents.** Have a high-school degree or college credit? Contact your former schools early to get the transcripts you will need for your application process.

**3. Pick the right career.** Not sure, about the field you want to be trained in. Visit CareerOneStop's [Explore Careers](#) to identify a good career fit for you.

**4. Find the right school.** Search for schools and training programs in your neighborhood or across the country with the [Local Training Finder](#).

**5. Learn how to keep costs down and pay for school.** Check out [Student aid for adult students](#) for financial aid tips and resources.

**6. Don't let yourself get ripped off.** Once you have identified a school or program, follow the tips in [is education worth it?](#) To help make sure the program you found is a good value.

**7. Keep yourself on track.** Be sure to [make a budget](#) to help you balance your living expenses, education expenses, and income. Research shows that having a solid budget plan makes you less likely to drop out of school and more likely to achieve your goals.

*Information provided by Ease@work*



## Are You Considering Going Back to School?

If you are considering going back to school, or you are not sure how you will pay for it.

College Now of Greater Cleveland can assist you with questions and information you need to help you with your college needs. College Now has a team of advisors specially trained to meet the needs of adults. Adults pursuing a higher education face a unique set of obstacles. College Now provides guidance and support in finding a career, choosing and enrolling in an education program, and securing financial aid. We also help adults to enroll in Federal Student Loan Forgiveness programs so clients can learn to **manage their student loans** with the best possible repayment plan.

For more information contact 216-635-0151, [College Now of Greater Cleveland](#)

## Upcoming Wellness Works Events and Activities

# Registration for the Cleveland Marathon Is Open Until October 1<sup>st</sup>!!

It is not too late to register for the upcoming Cleveland Marathon; registration remains open until October 1<sup>st</sup>.



Union Home Mortgage  
**Cleveland Marathon**  
Full • Half • 10K • 5K

## October 23 & 24, 2021

The Wellness Works! Program is sponsoring City of Cleveland employees to participate in this year's Union Home Mortgage Cleveland Marathon on October 23, 2021 & October 24, 2021. Employees have the choice to participate in one of five races: 5k, 8k 10k, 1/2 Marathon or the Marathon. If you would like to register for one of these races, please see instructions below:

Race info on [www.clevelandmarathon.com](http://www.clevelandmarathon.com)

**Race choices are:**  
**Saturday, October 23, 2021– 5k**  
**Saturday October 23, 2021 - 10k**  
**Sunday, October 24, 2021– 1/2 Marathon**  
**Sunday, October 24, 2021 - Marathon**

- 1) To register scan the QR code
- 2) Click "Register" when the website opens
- 3) Click "Participate as an Individual"
- 4) Scroll down and enter Promotional Code: "CITYOFCLE21"
- 5) Choose 5k, 10k , 1/2 Marathon or Marathon
- 6) Complete information form

Join the City of Cleveland Team!  
"The City of Cleveland Runners"

**Registration ends on October 1, 2021**





## Did you know taking the America Saves Pledge and the Coin Challenge could help towards your college goals?

Taking the America Saves Pledge and participating in the Coin Challenge can help you save money for college.



**The America Saves Pledge** is a tool that will help you accomplish your savings goal.

All you have to do is:

- Register on the Wellness Works website
- Set your savings goal
- America Saves will send you tips to help you achieve your goals

**The Coin Challenge** is a fun and easy way to save money.

All you have to do is:

- Register for the coin challenge by visiting the Wellness Works website
- When you register, we will send you a savings jar via interoffice mail.
- Save your spare change in a savings jar
- Once your jar fills up take it to the bank and put it towards your college savings fund.