



Urban League of Greater Oklahoma City, Inc.

**FOR IMMEDIATE RELEASE**

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**Urban League Hosts Free Financial Fitness Workshop Series**

**OKLAHOMA CITY – January 26, 2011** – The Urban League of Greater Oklahoma City and Tinker Federal Credit Union will host a six week financial fitness luncheon series beginning Tuesday, February 1, 2011. The seminars will be held at the Urban League, 3900 N. Martin Luther King.

Each Tuesday, from 11:45 a.m. until 12:45 p.m., participants will learn different strategies and techniques to improve their financial well being. Series topics is as follows:

**Tuesday, February 1 – Building a Better Budget**

Key concepts of identifying short, mid, and long-term goals, and designing a realistic spending and savings plan.

**Tuesday, February 8 – Psychology of Spending**

Evaluate motivating factors behind shopping decisions. Various money personality types will be explored, as well as the tendencies and attitudes that have shaped past spending habits.

**Tuesday, February 15 – Solving the Mystery of Credit Reports**

What should and shouldn't be included on a credit report, the role of credit bureaus, how credit is scored, and consumer credit reporting laws.

**Tuesday, February 22 – Car Buying**

Methods that will help get the best interest rate and buying price for a new or used car.

**Tuesday, March 1 – Identity Theft**

How to prevent identity theft and how to handle it if it happens.

**Tuesday, March 8 – Plastic Surgery: Getting out of Debt**

Tried and true methods of smart credit use, how to detect the warning signs of credit trouble, the options available for getting out of debt, and reconstructing existing credit to its greatest advantage.

Admission is free and open to the public. Lunch will also be provided, free of charge. Space is limited, so reservations required. To reserve a spot or for more information, contact Shani Rashidi, 424-5243 or [srashidi@urbanleagueok.org](mailto:srashidi@urbanleagueok.org).

The Urban League of Greater Oklahoma City Inc., an affiliate of the National Urban League, is a non-profit, United Way agency partner established in Oklahoma City in 1946. The League's mission is to assist African Americans, other minorities and the poor to achieve social and economic equality. Visit [www.ubranleagueok.org](http://www.ubranleagueok.org) for more information.

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