

# Wellness InSTALLments

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## Upcoming Events

### July 2nd

July 4th BBQ

Library Lawn, 11am-2pm

### July 8th

Fun In The Sun with PB

Sovi Green, 5pm-8pm

### July 12th

Get Fit with PB

Cohen Ballroom, 9pm-midnight

### July 18th

Marvel Live on the Lawn

Library Lawn, 11am-2pm

### July 26th

Grocery Bingo

Cohen Ballroom, 9pm-midnight



Please see our online calendar for a full, updated schedule

## WELLNESS TIP

Use the Envelope Method by setting aside a certain amount of money per month for outings, it helps with not digging into other funds!

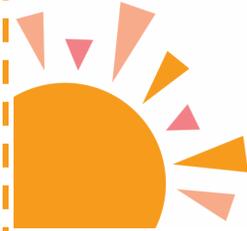
## Question of the Month

What are some alternatives to going out and spending money?

Email us at [pws@fgcu.edu](mailto:pws@fgcu.edu) with the correct answer to enter into a drawing for \$10 of Eagle Dollars!

## Pinch-A-Penny

Summer tends to be a natural period of time when students take a well needed break from their normal academic routine and focus on family, friends, and vacation. For some students, summer allows more time to work and save up money. **According to the National Center for Education Statistics, 42% of college students maintain a job during their summer break.** Sometimes, having that extra money can tempt you to spend more; especially with more free time! Whether you are working hard or having fun, there are ways to enjoy your summer without breaking the bank! Below we will give you a few insider tips into the world of budgeting and penny pinching!



## Setting a Budget

### Track Your Expenses:

If you know where your money is going then you can find ways to manage your money appropriately. This can be done through looking at old receipts or through your banking website.



### Create A Plan:

Next, create a plan for your budget. This can help you manage your finances by setting aside money for your expenses, it also helps manage the way you spend and keep up with your finances. Try using templates such as those found on Microsoft Word or Excel.

### Be Realistic:

Know your limits and be realistic in how you spend your money. It is okay to splurge every once in awhile but don't make it an everyday habit.

## Little To No Cost



- \* **Have A Potluck Picnic:** Don't want to go out and spend money on food? Have a cute little potluck with friends and enjoy the fresh air.
- \* **Star Gazing:** The lack of city lights in Estero make for a perfect starry night. Grab a blanket and enjoy the stars.
- \* **Group Fitness Classes:** As students, you have access to free group fitness class at our gym in North Lake. Utilize it!
- \* **Movie Night:** Instead of spending up to \$15 at the local movie theater, book the movie theater in South Village Eagle Hall and have a movie night with friends.
- \* **Popsicle Pool Day:** Going to the pool is a definitely a summer time tradition but jazz it up with some nice, cool and refreshing popsicles.

