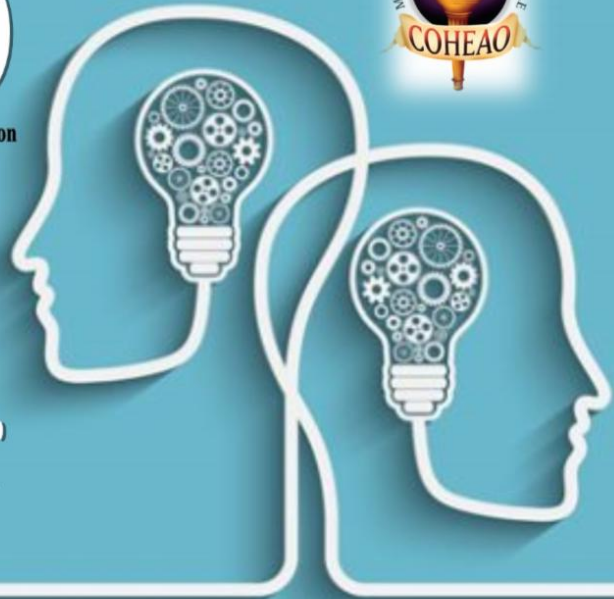


# COHEAO

Coalition of Higher Education Assistance Organization



## October Financial Wellness Newsletter



### YOUR MONTHLY NEWS & UPDATES



Have you heard of this innovative company changing the way students tackle student loan debt? ChangEd makes it effortless by automating savings such as rounding up your everyday purchases to the next dollar and automating those savings as additional payment to your loan.... You can download the App today!



#### 54 Ways to Save Money

You've just taken the America Saves Pledge, or perhaps you simply need some inspiration for ways to save your money -- either way, we're glad you're here. Buckle up! It's about to get REAL around here as we share 54 ideas to save some dinero. Let's dive in by first establishing some general savings ideas to get you #ThinkingLikeASaver.



[Read More & Take The Pledge](#)



**Money Smart - A Financial  
Education Program**

The FDIC's Money Smart financial education program can help people of all ages enhance their financial skills and create positive banking relationships. Learn here about Money Smart tools and strategies that you can use to teach others, as well as tools you can use to learn on your own. First released in 2001 and regularly updated since then, Money Smart has a long track record of success.

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## Student Success...



**World Mental Health Day: 'We need to make sure college students have access to financial education'**

This 34-year-old paid off \$81,000 in student debt, but not before it took a toll on her mental health

[Read More](#)