

2013 Small Steps to Health and Wealth

What if, this year, you could improve your health *and* your wealth at the same time? *Small Steps to Health and Wealth* offered by CSU Extension will address how financial problems can affect your health *and* how poor health has an impact on your financial resources.



Programs are hands-on, packed full of health and finance tips, and provided in a supportive setting. You'll learn why starting with small chunks of physical activity can add up to huge health benefits; and how you can make small savings of a few dollars each day add to up thousands by the end of the year.

Programs are available in all Northeast Colorado counties. They can be provided as a stand-alone session of 1 to 2 hours. Or, can be a series of 3 sessions of 2 hours each. The 3 session format provides ample opportunity to actually implement some small changes and begin to see the benefits while attending.

This program is currently provided without a registration fee due to grant funding which will end soon. Classes scheduled at his time in Northeast Colorado include:

- \$ - January 7, 10, 14 at Phillips County
Extension, Holyoke, 6:30 - 8 pm
- \$ - January 16, 23, 30 at Washington County
Extension, Akron, 6 - 8 pm
- \$ - January 23, 30, Feb 6 at Yuma County
Extension, Wray, 5:30 – 7:30 pm
- \$ - April 1, 8, 15 at Morgan County
Extension, Fort Morgan, 6 - 8 pm

For more information on scheduled programs or to find when a program is scheduled in your county, contact your Extension Office.