

Taking Charge of My Life

sponsored by
Virginia Cooperative Extension



**Do you have a handle on household expenditures?
Have you identified financial goals to gain control over your spending?
Do you use the Food Guide Pyramid when grocery shopping?
Do you know tips to stretch your food dollar?**



**Make plans to join us and learn how to:
Thursday mornings
10:00 a.m. to 12:00 p.m.
Rita Welsh Adult Learning Center**

October 8	Developing a budget
October 15	Getting Out of Debt
October 22	Smart Steps to a Healthier You
October 29	Best for Less

Workshops are free, registration required!

**To register, call Virginia Cooperative Extension
Monday through Friday at 564-2170, 8:00 a.m. to 5:00 p.m.**

If you are a person with a disability and desire assistance or accommodation, please notify Doris Heath, Virginia Cooperative Extension at 757-564-2170 during business hours of 8:00 a.m. and 5:00 p.m. to discuss accommodations 5 days prior to the event.



Virginia Cooperative Extension

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