



### **Free Money Management and Healthy Choices Seminar Series in Kingston**

Want to better manage your money and credit card debt while making the most economical and healthiest food choices for your family? Cornell Cooperative Extension of Ulster County is offering six free seminars focusing on money management and basic nutrition topics for low to moderate income individuals and families residing in Ulster County.

The first seminar is Tuesday, July 24 from 3:00pm to 4:00pm at the CCEUC Main Conference Room at 10 Westbrook Lane in Kingston. The remainder of the seminars will take place every Tuesday from 3:00pm to 4:00pm. Upon completion of all six seminars participants will be eligible for a free one-on-one consultation with a trained educator to discuss their individual financial and nutritional concerns. These informative seminars will be led by highly trained and certified financial and nutritional educators.

The seminars are designed to provide information for consumers on money and resource management and family resource decision making. Participants will learn budgeting and saving skills, management of credit and credit card debt in addition to learning beneficial shopping techniques, nutrition recommendations and healthy eating habits.

For more information or to sign up contact Tom Heffernan, Financial Educator, Cornell Cooperative Extension of Ulster County at 845-340-3990

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