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**Ulster County**

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**Free Money Management and Healthy Choices Meetings in Kingston and Ellenville**

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 ALL MY MONEY a series of six meetings focusing on money management and basic nutrition topics for limited income families, seniors and individuals residing in Ulster County.

Kingston meetings will be held at Colonial Gardens in the community room located at 202 Flatbush Avenue from 10:30am to 11:30am.

- Tuesday, October 16
- Tuesday, October 23
- Tuesday, October 30
- Tuesday, November 6
- Tuesday, November 13
- Tuesday, November, 20

Ellenville meetings will be held at the Ellenville Public Library located at 40 Center Street from 10:00am to 11:00am.

- Thursday, October 18
- Thursday, October 25
- Thursday, November 1
- Thursday, November 8
- Thursday, November 15
- Thursday, November 29

Upon completion of all six meetings participants will receive a Certificate of Achievement and become eligible for a free one-on-one consultation. These informative meetings will be led by highly trained and certified financial and nutrition educators.

The meetings are designed to provide information 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 Barbara Grumberg at Cornell Cooperative Extension of Ulster County at 845-340-3990

*Building Strong and Vibrant New York Communities*