

The University of Florida Extension Office and NOMC team up to Reduce Waistlines and Fatten Wallets

Waistlines and wallets factor heavily when people set personal goals in their life. If you're one of these people, you don't want to miss this exciting Seminar "Small Steps to Health and Wealth," presented by the University of Florida-Extension and the North Okaloosa Medical Center.

"Small Steps to Health and Wealth," is a program built on growing research which suggests that health and money management skills are related, and offers consumers behavior change strategies that will improve both over time. Designed primarily for young and middle-aged adults, the program provides motivation to take action to improve their individual health and personal finances.

Elaine Courtney, Extension Agent IV—Family & Consumer Sciences with the University of Florida-Extension, who recently spearheaded Okaloosa Saves, will be the featured speaker for the program. The seminar series will be held at NOMC. It will be offered at two different times and locations to allow optimal community participation.

- Daytime, Monday, April 2 – 9, 8:30 a.m. Senior Circle Classroom located at 127 Redstone Ave. E
- Evening, Tuesday March 27 – April 3, 5:30 p.m. to 8:00 p.m. Dining Room on the 1st floor of NOMC.

Registration fee for community members is \$15.00. Seating is limited so pre-registration is required. Refreshments will be provided. For more information or to register call 850-689-5850 or 850-689-8445.