

FREE Workshop

Nutrition & Saving and Investing

HOW WE GET OUR ENERGY FROM FOOD

Do you want to improve your health and manage weight loss??

Learn about simple and compound carbs, proteins, fats and receive a packet on how to balance your diet.

SAVING AND INVESTING

Do you want to get started in building wealth??

Learn creative ways to save and how to make saving a part of every spending decision through a goal statement plan.

TUESDAY, FEBRUARY 20, 2018

5:30PM to 7:00PM

**PIMA COUNTY HOUSING CENTER
801 W. Congress St.**



SPACE IS LIMITED MUST RSVP:

Rosie@pcclt.org or (520)-603-0587