

# Small Steps to Health and Wealth™

A four week class that will help you manage your money and make healthy food choices



**FREE!**

**Class will be taught by a nutrition specialist and family financial education specialist from University of Missouri Extension. You will receive a FREE workbook after you attend your second class with us.**

**Let us help you get motivated to improve your health and finances in 4 weeks.**

**WHERE:** Crowder College  
600 W. Edwards Place, 2<sup>nd</sup> floor  
Nevada, MO

**WHEN:** 10:00 a.m.– 12:00 p.m.  
Saturdays  
November 14<sup>th</sup>, December 5<sup>th</sup>, January 9<sup>th</sup>, February 6<sup>th</sup>

**HOW:** Participants can preregister by completing the form below or by calling Vernon County University of Missouri Extension at  
**417-448-2560**

UNIVERSITY OF MISSOURI  
 **Extension**  
EEO/ADA

Small Steps to Health and Wealth class registration due by November 10.  
Please return form to: University of Missouri Extension 100 W. Cherry, Suite 2, Nevada, MO 64772.

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Name

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Mailing Address

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City State Zip

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Telephone E-mail