

# Free On-Line Financial Seminars

## Improve Your Finances and Health!



### Small Steps to Health & Wealth

**Wednesday, January 9 - 12:30 to 1:30 PM EST**

Your money and health have a lot in common.

Discover practical steps to improve both. Learn about the free 6 week Small Steps to Health & Wealth Challenge to help you reach your goals.

**Registration:** <http://bit.ly/SmallSteps2013>

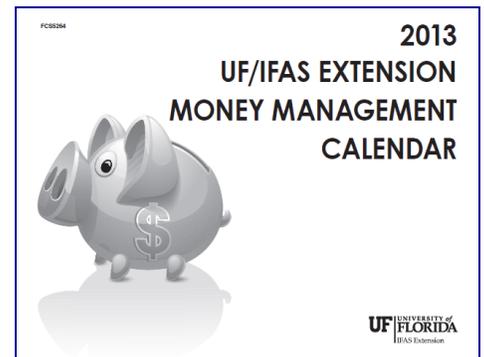


### Calendar – Based Budgeting

**Thursday, January 17 - 12:30 to 1:30 PM EST**

Identify and achieve your financial goals. Explore simple yet effective ways to build a spending plan and reduce spending leaks.

**Registration:** <http://bit.ly/CBBWeb>



#### For more information contact:

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This webinar is brought to you by University of Florida/IFAS Extension in partnership with Hillsborough, Okaloosa, Duval, and Lake County Extension offices.



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