

Health & Wellne\$\$



Stretch your Dollar, Not your waistline

Thursday, March 28th 10am-3pm
Samuel U. Rodgers Health Center
825 Euclid Ave, Kansas City, MO 64124

Find out how to whip your finances and health into better shape! Join us for a dozen fun, interactive sessions about nutrition, exercise, money management, health issues and much more. Free blood pressure and cholesterol checks, snacks, resources for all ages, and raffles for prizes* will also available.

A Nutrition and Financial Plan
Preventative Health Care Timeline
Nutrition and You
Stress Management
Exercise tips and Yoga
Budgeting: Bossing Your \$ Around

Debt Getting in Your Way
Behind on Bills
Dirty Money
How to Stretch Your Dollar
Top Health and Savings Apps
Navigating Health Insurance



SAMUEL U. RODGERS
HEALTH CENTER

A Quarterly Connect Event

For more information and to register for this free Quarterly Connect event, please visit moneysmartkc.org/events. One raffle for everyone who registers online.

*Enter raffle to win gift cards and fitness trackers during event. Need not be present to win. Must be 18 years old.