

“Money Smart” & “Nutrition Know How” Classes

Provided by, Renee Dotson
University of Georgia Cooperative Extension, Gilmer County
Office hours: Monday – Friday 8 am to 5 pm (closed noon - 1 pm for lunch)
706-635-4426

We are not born knowing how to be money smart or knowing how to eat healthy. Renee Dotson, Gilmer County Extension Coordinator/Family and Consumer Sciences Agent will present two classes on Money Smart and two on Nutrition Know How.

Money Smart Class

Date: Tuesday, February 21, 2012

Time: 9 a.m. to 12 noon

Place: Boys and Girls Club (located in the Civic Center)

Cost: FREE, but please call 706-635-4426 to register!!!

What you will learn: How to stretch your food dollars, the importance of having a checking account, how and where you can save money, the importance of paying bills on time, how to keep track of your spending, how to plan for what you want, and much more.



Nutrition Know How

Date: Thursday, February 16, 2012

Time: 9 a.m. to 12 noon

Place: Boys and Girls Club (located in the Civic Center)

Cost: FREE, but please call 706-635-4426 to register!!

What you will learn: How to eat healthy without spending a lot of money, the importance of having a grocery list, what it means to eat healthy foods, the importance of breakfast for adults & children, quick nutritious meals, portion control to prevent weight gain, and much more.

Remember to call 706-635-4426 to register!

Learning for Life

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