Yuma County Cooperative Extension & Yuma County Libraries
Presents

Small Steps to Health and Wealth Series

Work on building better health and wealth with this workshop series. You will get the most out of each workshop by attending as many sessions as possible. We look forward to seeing you there!

Track Your Current Behavior: An introduction to the series and learning the basics of tracking your current money and health behaviors. **March 12, 2019**

Unload Your Childhood Baggage: What we learned from our families as kids matter to what is happening to us now. We will explore any “baggage” we may have from our childhood on health and wealth topics. **March 26, 2019**

Put Your Mind To It: Making a change can be challenging. In this workshop we will explore how we can set ourselves up for success by thinking positively. **April 9, 2019**

Commit to Making A Change: Focus in on specific changes you want to make and commit to those changes. We will talk about that. **April 23, 2019.**

Defy Someone or Defy the Odds: Sometimes the best way to motivate yourself is to prove someone wrong. Learn how you can make this work so you can improve your health and wealth. **May 14, 2019**

Think Balance-Not Sacrifice: We don’t always have to sacrifice something, we can make trade-offs. We will talk about this in building your success at making a change. **May 28, 2019**

Presented By: Melissa Wyatt, Area Assistant Agent in Family, Consumer, & Health Sciences

All sessions are held at:
Yuma County- Main Library 2951 S. 21st Dr. Yuma, AZ 85364
Time: 10:00AM
Where: Meeting Room A

Please register for the Series by calling the Cooperative Extension Office at (928)726-3904

Issued in furtherance of Cooperative Extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture, Jeffrey C. Silvertooth, Associate Dean & Director, Extension & Economic Development, Division of Agriculture, Life and Veterinary Sciences, and Cooperative Extension, The University of Arizona.

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