

# Small Steps to Health and Wealth™

Practical ways to make changes  
you really *want* to make

3 Part Workshop-Tuesdays, Oct 11<sup>th</sup>, 18<sup>th</sup>, & Nov 1<sup>st</sup>  
The Meadows Dining Room– 1200 2<sup>nd</sup> ST SW-Clarion

5:30- 6:00- Light Supper Served

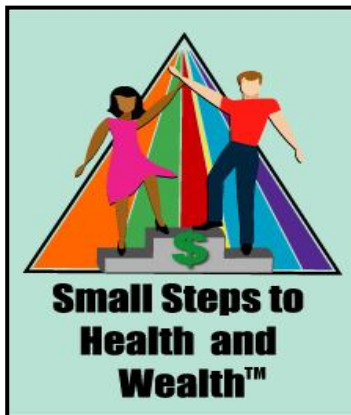
6:00- 7:30- Workshop

Childcare Provided

Expenses Covered by Wright Health Partners



**Contact ISU Extension by Oct 7th to Register: 515-532-3453**



*Improve your health*  
*Improve your finances*  
*One step at a time*

*Take the  
first step!*

## Supporting Businesses

Wright Health Partners

- BMC
- WMC

DSAOC

Wright County Public Health

Upper Des Moines Opportunity

Citizens Community Credit Union

First Citizens National Bank

First State Bank- Belmond

First State Bank- Eagle Grove

Northwest Bank

Security Savings Banks

United Bank & Trust

Wells Fargo Bank

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University Extension

**... and justice for all**

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