

FINANCIAL FITNESS

STRETCHING YOUR DOLLARS

A SERIES SPONSORED BY EMPLOYEE ASSISTANCE,
WELLNESS@WORK AND HUMAN RESOURCES

EATING RIGHT ON A BUDGET

How can you plan your food budget when money is tight?
Aren't healthy foods expensive?
Learn effective shopping tips to eat well and save money!



**NOVEMBER 20, AT NOON
USU 309**

LISA HERZIG

FACULTY

FOOD SCIENCE & NUTRITION DEPARTMENT

&

TRACY NEWEL

PETERS SCHOOL OF BUSINESS

All sessions open to employees and family members
You may bring your lunch

To register, login to My Fresno State and click on Learning and Development within the Employee Self Service section