



FOR IMMEDIATE RELEASE

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Combine Health and Financial Goals for 2007

Tucson, Arizona --December and January are a time when many people resolve to make behavior changes to improve their health and personal finances. Typically, these resolutions are made separately, such as "lose 10 pounds" and "save \$1,000."

Cooperative Extension Agent Linda Block believes that there is a better way to set New Year's resolutions: work on health and financial behavior changes together and use the same methods to improve both aspects of life. The Small Steps to Health and Wealth™ program has been developed to assist consumers in doing just that.

Small Steps to Health and Wealth™ was developed to motivate participants to simultaneously improve their health and personal finances. An interactive workshop, which will describe the 25 strategies that can be adopted to simultaneously improve one's health and personal finances, will be offered on Thursday, January 4th, 2007 at the Pima Cooperative Extension office, located at 4210 N. Campbell Avenue.

Participants will be led through a discussion of each strategy and encouraged to select 3 or 4 strategies to implement as part of a personal action plan. The class content is based on the book, Small Steps to Health and Wealth™ written by Rutgers Cooperative Extension faculty members Dr. Barbara o'Neill, CFP, and Dr. Karen Ensle, RD.

The workshop is free and the workbook will also be available for purchase for \$16. Consisting of 35 short, user-friendly chapters, the Small Steps to Health and Wealth™ workbook encourages participants to set health and/or wealth goals and take action to achieve them by identifying small progress steps. The book includes a discussion of similarities between health and personal finances and 25 behavior change strategies. It concludes with a planning worksheet for readers to use to set personal goals and action plans and a list of online health and personal finance resources.

Make 2007 the year you achieve your health and wealth goals by joining us on January 4th and taking a few small steps toward better health and more wealth!

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