

**Special Series  
Available Now**  
(continued from inside)



### **Keeping the Pressure Down**

This is a four part series for adults wanting to prevent or manage high pressure.

### **Toward Permanent Weight**

**Management** is a four to six week series for adults to develop healthy eating and activity habits that will encourage health at any weight.

### **ENAFS — Elder Nutrition and Food Safety Program**

This is an in-depth six-part series for seniors or those caring for seniors. The education modules include:

1. Unique Nutritional Needs for Older Adults
2. Healthy Living for Elders
3. Diabetes
4. Hypertension
5. Healthy Eating for Elders
6. Fall Prevention

Most of these modules require a 90 minutes to 2 hour time period.

### **Coming Soon:**

#### **Cholesterol Control**

This deals with controlling cholesterol levels with diet and exercise. The newly revised program should be available the second half of 2009.

#### **Small Steps to Health and Wealth**

This program addresses both nutrition and financial wellness. It is currently being pilot-tested in Florida and should be available in fall 2009.

### **Instructor:**

Dr. Brenda Williams is a qualified professional with over 20 years of experience as a faculty member of the University of Florida and holds a certificate in financial planning.

**For additional information, contact:  
Brenda Williams at  
bjcw@ufl.edu  
Or (352)955-2402**



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UF/IFAS  
Alachua County  
Extension Service

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Consumer  
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2009  
Programs Offered

*Financial Management  
Nutrition, Food  
Safety....and more.*

**Telephone: 352-955-2402**

**UF** UNIVERSITY of  
**FLORIDA**  
IFAS Extension

## Nutrition & Food Safety Programs



### Taking the Mystery Out of the Grocery Shopping Puzzle

Learn steps to planning meals and shopping for groceries so there is food for every meal. Stretching the food dollar is a wise habit to learn (45-60 minutes)

### Making Your Own Convenience Foods or Cook Once-Eat Twice

Learn tips to save time and energy by planning and preparing your own convenience foods. It's not hard to do...just takes some planning. (45-60 minutes)

### What Can You Learn From Nutrition Labels

What does "low fat" really mean? Which canned product contains more meat? What's really in the food I'm feeding my family? These and other questions are answered as you learn to understand all the information provided by labels. (45-60 minutes)

### Using the Food Guide Pyramid

Learn how to design a food guide pyramid for yourself and each member of your family. What should each family member be eating and how much? This is the basis for good nutrition and also weight control.(45 minutes)

## Financial Management Programs



These programs can be done individually or linked in a series. Suggested time lengths are included for each program.

### Equipping Your Financial Tool Box

Learn how to prepare a spending plan (budget), net worth statement, household inventory and warranty file. (60-90 minutes)

### Important Papers...What to keep, where, and for how long

Locating, replacing and organizing documents and records are key to making your financial life easier. Also covered are suggestions for organizing home files. (45 minutes)

### Making Credit Work for You

Learn how to get a free credit report, how to read your credit report and important tips for improving your credit score...do's and don'ts for handling your credit accounts. (45-60 minutes)

### Basic Estate Planning

Most people need at least a simple will. Reviewing your ownership titles on assets will keep your legal affairs easier to handle. Your heirs will appreciate your thoughtfulness. Also covers health care directives. (60-90 minutes)

### Managing in Tough Times

Tips and suggestions to get your finances on track and managing your money better. (60-90 minutes)

## Special Series Available Now



These are programs that have more than one session. The sessions for each series are suggested at **60 minutes each** and the number of sessions is given.

**Smart Financial Start** is designed for young married couples or singles It includes four sessions: Equipping Your Financial Tool Box, Making Credit Work for You, Navigating the Insurance Maze, and Basic Estate Planning. All sessions have information geared specially for young working couples or singles.

**Young Investors Program** is designed for young working adults 18-24 years of age (but others are invited). It emphasizes the importance of saving money for investing and retirement. It includes four sessions: Finding Money to Invest and Developing an Investment Attitude, Savings/Investment Opportunities, Assessing and Managing Risk and Managing Investments.

**Before You Tie the Knot** is a two-session series that qualifies participants to receive a \$32.50 reduction on their marriage license. The two sessions are each two hours in length and usually scheduled on consecutive nights.

### Planning for a Secure Retirement

This is a website based program with workbook exercises and information to assist anyone in planning for retirement. This is a more complicated process than in previous years and plans need to be made as early as possible to insure a secure retirement. There are 9 modules for the program and can be covered in two 2-hour sessions, or more sessions if interested.