

Thursday
APRIL 9
2015

Live Well

IDAHO FALLS

A monthly health & wellness educational series

WHAT:

Monthly Educational series held 2nd Thursday each month at 5:30 pm

WHERE:

Idaho Falls Public Library
Room 1
457 W. Broadway • Idaho Falls

FEATURING:

Various experts from the community discussing important topics to help empower citizens to improve health through education, nutrition, and physical activity.



Healthy Finances: Be healthy with your money

Presented by Kenny McOmber, City of Idaho Falls Treasurer

Upcoming Topics:

- May:** Connecting our Community Through Trails and Bike Ways
- June:** Living with Joint Pain
- July:** Cooking Matters
- Aug:** Healthier Workplace: Making Work Work for You
- Sept:** Reading as a Stress Reducer
- Oct:** Tips for Healthier Eating
- Nov:** Diabetes Prevention
- Dec:** Fitness for You

(topics subject to change)

All classes are
FREE

April 9, 5:30 pm

Room 1, Idaho Falls Public Library

Balancing financial priorities can seem like a daunting task. Mr. McOmber will help you identify ways you can better manage your finances and plan for the future. Whether you want to pay off debt, save for retirement or cut back on living expenses, learn the tools you need to take control of your finances.

