

## Small Steps to Health and Wealth Colorado workshop to be held in Haxtun in June

Written by Holyoke Enterprise

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Discover links between health and wealth habits and learn simple ways to make small changes that can make a big difference in both!

Small Steps to Health and Wealth Colorado is a new program offered by Colorado State University Extension and sponsored by Haxtun Hospital District that addresses how financial problems can affect people's health and how poor health can affect finances. The three part series is scheduled for Tuesday, June 5, Tuesday, June 12 and Monday, June 18 from 5:30-7:30 p.m. at the Haxtun Community Center. A light meal will be provided each session.

This new Extension program is the first of its kind to encourage people to make positive behavior changes to simultaneously improve their health and personal finances. The program materials are research-based and non-commercial and are provided in a supportive learning environment. Participants will leave each session with hands-on strategies to increase both their health and their wealth.

To learn how to take advantage of the Small Steps to Health and Wealth Colorado program, contact the local CSU Extension office at 854-3616 or by email to [tracy.trumper@colostate.edu](mailto:tracy.trumper@colostate.edu).

Programs are hands-on and packed full of useful health and finance tips. Initial programs are offered free of charge with funding support provided by the Rural Health and Safety Education Competitive Program of the USDA National Institute of Food and Agriculture (NIFA) grant and Haxtun Hospital District. Make 2012 the year to eat healthier, be more active and give the finances a boost!

Those with a disability for which they seek an accommodation, notify Trumper before the event using the contact information above.

For more information, see [www.ext.colostate.edu/small\\_steps](http://www.ext.colostate.edu/small_steps) .

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