

## Small Steps to Health and Wealth offered in January

Written by Holyoke Enterprise

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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 health and how poor health can affect finances.

The three-part series is scheduled for Jan. 7, 10 and 14 from 6:30-8 p.m at the Phillips County Event Center at 22505 US Hwy 385 in Holyoke. Light snacks from a gift cookbook and educational materials will be provided.

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

Program materials are research-based, 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 email [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 grant and Phillips County Extension.

Disabilities can be accommodated by notifying Tracy Trumper at the Extension office before the event.

For more information, see [www.ext.colostate.edu/smallsteps](http://www.ext.colostate.edu/smallsteps) or contact Tracy Trumper, Extension agent, Phillips County Extension Office, 22505 US HWY 385, Holyoke, CO 80734; phone, 854-3616; fax, 854-4347; email [tracy.trumper@colostate.edu](mailto:tracy.trumper@colostate.edu).

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Colorado State University, U.S. Department of Agriculture and Colorado counties are cooperating. CSU Extension programs are available to all without discrimination. No endorsement of products mentioned is intended nor is criticism implied of products not mentioned.

Portions of this session were adapted and excerpted from the following book: O'Neill, B. and Enslin, K. (2006), "Small Steps to Health and Wealth." Ithaca, NY: NRAES. Original workshop materials were prepared by Rutgers, the state university of New Jersey, University of Arizona Cooperative Extension and University of Florida Extension.

For additional information about purchasing the "Small Steps to Health and Wealth" book, visit [www.nraes.org](http://www.nraes.org). The project was supported by the Rural Health and Safety Education Competitive Program of the USDA National Institute of Food and Agriculture grant number 2011-46100-31139, pilot materials, December, 2011.

Holyoke Enterprise December 20, 2012