

Free Budgeting and Food Planning Workshop

The Thursday, Sept. 19 workshop will be led by Jane Thoman from the THE OHIO STATE UNIVERSITY EXTENSION OFFICE.

A free lunch will be provided to all who attend

THE WORK STATION

70 N. Plains Road
The Plains, Ohio 45701
(740) 797-1405



The workshop will look at issues such as:

- **Why should I make a budget if I have a limited income?**
- **How will budgeting help me?**
- **How can planning a meal help me save money?**
- **What are some other good money saving tips?**

This workshop will be held on Thursday, Sept. 19 at The Work Station in The Plains from 12 - 2 p.m.

A free lunch for all attending the workshop will begin at 11:30 a.m.

For more information or to register, please contact Nancy

Stotts at (740) 797-1405 ext 1413