



Discover Wellness

Join University of Illinois Extension and Champaign County Home and Community Education (HCE) for their 2019 wellness series. From mental health to finance to nutrition, these lessons will advance your personal health, wealth, and knowledge.

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| February 8, 9-10 a.m. | Saving Money on Food Costs |
| March 15, 9-10 a.m. | Container Gardening |
| April 5, 9-10 a.m. | Communicating with Individuals with Dementia |
| September 19, 2-3 p.m. | What's New in the Kitchen
<i>(hosted webinar)</i> |
| November 8, 9-10 a.m. | Saving Money by Comparing TVs and Streaming Options |

All classes are held at the Champaign County Extension Auditorium, located at 801 North Country Fair Drive in Champaign.

Find more information and registration at web.extension.illinois.edu/cfiv or call our office at 217.333.7672.

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