

# April to May 2017 Webinars

**Free, live, interactive online seminars**

***All Sessions are 12:00 - 1 :00 p.m. EDT***

## **10 Secrets to Thrifty Grocery Shopping for Nutritious Foods**

**Thursday, April 13**

Tips on eating better, reducing waste and spending less.

Registration: <https://attendee.gototraining.com/r/2039624134690713345>

## **Understanding Workplace Benefits**

**Wednesday, April 26**

We will discuss how to evaluate and make the best use of workplace benefits available through private and government employers. Topics include retirement plans, disability insurance, flexible spending accounts, life insurance, and employee leave.

Registration: <https://attendee.gototraining.com/r/2643383563455127553>

## **Social Security Retirement Benefits**

**Thursday, May 4**

Guest Presenter: Daryl Rosenthal, Public Affairs Specialist, Social Security Administration

Discussion includes the importance of opening and using a mySocial Security account, ways to maximize your benefit, rules allowing you to work and collect benefits, whether you will be eligible as a spouse or survivor, and what you can learn from using the SSA website.

Registration: <https://attendee.gototraining.com/r/8434195748359210754>

## **Getting Started: Make More Healthy Meals at Home**

**Thursday, May 11**

Preparing meals at home more often improves quality of meals and your budget.

Ideas on easy meal preparation, tools and tips.

Registration: <https://attendee.gototraining.com/r/5948471534318114817>

## **Dine Out Like a Nutrition Expert**

**Thursday, June 1**

Registration: <https://attendee.gototraining.com/r/4694431243839603201>

For more information, contact:

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