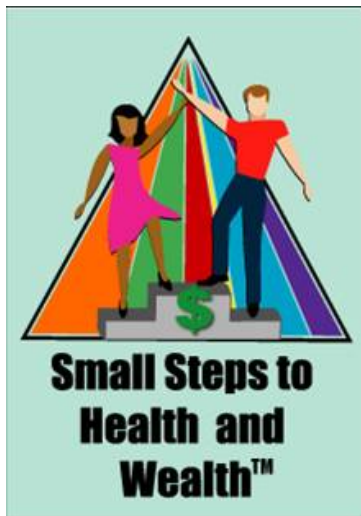


# Small Steps to Health and Wealth™ (SSHW)



Many Montana families have joined other Americans with feelings of financial stress because of the economic conditions. MUS Wellness and MSU Extension are teaming up to help families cope (and improve their health at the same time)!

This is an exciting two-session program that can help you find financial solutions in these tight economic times plus the added benefit of creative ideas for improving our health!

The Program will be offered to MUS employees on **April 9th and 23th** during the noon hour via the internet (Adobe Acrobat Connect System)

DEADLINE FOR SIGNUP: MARCH 28th, 2009!

Your instructors will be: **Marsha Goetting**, MSU Extension Family Economics Specialist  
**Lynn Paul**, MSU Extension Food and Nutrition Specialist

Sign Up: Go to **[www.http://www.montana.edu/wellness/welle.html](http://www.montana.edu/wellness/welle.html)**  
Scroll to online class

**Please complete the below registration information and mail in along with payment.**

Please send \$5 check made out to **MUS Wellness** to:

**MUS Wellness @ Bozeman  
Montana State University  
225 Romney Gym  
Bozeman, MT 59717**

2. Along with payment, please also send the following contact details: (please print)

First and Last Name: \_\_\_\_\_

Check One: Employee \_\_\_\_\_ Spouse \_\_\_\_\_

Your Campus (ex. MSU, UM): \_\_\_\_\_

Phone number: \_\_\_\_\_ Email address: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

\_\_\_\_\_

**If you have any questions:**

Please contact Kelsey Rozell at  
(406) 994-6348  
or email [krozell@montana.edu](mailto:krozell@montana.edu)



