



Virginia Cooperative Extension

Virginia Tech • Virginia State University

Family & Consumer Sciences is
Offering the following Workshops!

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Come and join Virginia Cooperative Extension—Petersburg Office for these “FREE” informational workshops that fits your needs!

Topics& Workshops offered:

Financial Empowerment Workshops

Gain control of your financial situation, know how much money you have to save and spend while accomplishing your financial goals.

- MoneyWise
- What Good is Money if you don't Have Any
- Building & Keeping Good Credit
- Holiday Debt Workshops

Nutritional Wellness Workshops

Want to learn more about improving health and wellness through nutrition? Then these are for you!

- Eat Healthy*Be Active
- Stretch your food Dollar
- Couponsing
- Food Safety & Storage

Home Management

Gain skills and competencies in maintaining your home

- Home Maintenance & Energy Savings
- Clutter Control
- Rental & Homeowner Rights

Other Specialty Workshops

- Free Pressure Gauge Testing available.
- Computer Based Home Study-Managing Your Money available

Contact Katrina
Kirby for additional
Information!



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If you are a person with a disability and desire any assistive devices, services or other accommodations to participate in this activity, please contact Katrina Kirby, Petersburg Office at (804-733-1880/TDD*) during business hours of 8:00 a.m. and 4:30 p.m. to discuss accommodations 5 days prior to the event.* TDD number is (800) 828-1120