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For Immediate Release

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Christian Care Education Programs on Nutrition, Budgeting Open to Public

Nutrition Program Participants in February Get Groceries and Chance to Win \$250 Gift Card
Budgeting Class with Woodforest National Bank to Run Throughout the Year Every Tuesday

WATERTOWN (January 30, 2015) – The Watertown Urban Mission’s Christian Care Center is hosting two educational programs open to anyone interested in learning about better nutrition or sound budgeting practices.

Both programs are open to the public and offer incentives for participation.

“The Christian Care Center has a long tradition of providing educational and personal growth opportunities at no cost to anyone who wants to participate,” said Erika Flint, executive director. “We are thrilled to have these two programs in February and beyond. We are so thankful to Jefferson County Public Health and Woodforest National Bank for sponsoring these classes.”

The Nutrition Class run by Jefferson County Public Health will be held at 10:30 a.m. on Wednesdays in February beginning with Feb. 4th. Anyone who participates in all four classes is eligible to win a \$250 gift card and anyone who participates each week will not only learn about nutrition and how to cook nutritious recipes, but will also receive a bag of groceries to go home and cook the meal from the class. There is no charge, but all participants must register in advance by calling Public Health at 786-3710 or the Watertown Urban Mission at 782-8440.

The Budgeting Class, known as FDIC Money Smart—Financial Education Classes, is being run by Woodforest National Bank every Tuesday from 10 a.m. to noon in the Christian Care Center. The event is free and every participant will get a \$2 off coupon to help with frugal shopping at the Impossible Dream Thrift Store for attending. The class began January 20th and will run through the end of the year if there is sufficient interest.

“These classes are an important part of the Christian Care Center, giving people the tools they need to make better and more sustainable choices,” Erika added. “Together with our regular Bible studies and of course, the standing offer of free coffee every day, the center is intended to welcome anyone who comes to your Mission for help in achieving a better life.”