



We acknowledge, celebrate and thank the traditional custodians of the Kulin Nation on whose lands we live and serve our communities.

## Aboriginal and Torres Strait Islander Manage your money without stress!

### Learn how to reduce financial stress

We'll give you simple tips and tools so you can get on top on your finances now and into the future.

Topics include:

- Your values
- Creating a budget
- How to set goals
- Needs vs wants
- How to find spending leaks
- Shopping tips and meal prep
- Loan sharks and money lenders

Lunch is included so registration is essential.

**Wednesday 28 February**  
**10am to 1pm**

### **Wunggurrwil Dhurrung Centre**

19 Communal Road  
Wyndham Vale 3024

**Register by Monday 26 February** to  
Lisa Saunders on 0491 089 069 or email  
[lisa.saunders@ipchealth.com.au](mailto:lisa.saunders@ipchealth.com.au)

Sarah-Jane Blunt on 0417 339 816 or  
email [sarah-jane.blunt@ipchealth.com.au](mailto:sarah-jane.blunt@ipchealth.com.au)