



BENEFITS AND HEALTH LITERACY

A Four-Part Course

Mondays

October 8, 15, 22, and 29

3:00 – 5:00 p.m.

Jewish Family Service

3201 S. Tamarac Drive

FREE and Open to All!

Benefits can be very confusing to navigate, especially when you're choosing healthcare benefits for you and your family. You'll gain important knowledge about questions to ask and making the best choices. This class explores the resources available, whether or not you have employer-sponsored benefits. Personal health issues are stressful and play a big role in your long-term employment. This class explores the roles of stress and health in your daily life so you can make healthy choices.

Registration is free, but please reserve your spot by contacting Dicia Kemp at 720.248.4666 or bkemp@jewishfamilyservice.org.

Upcoming classes to watch for:

- Digital Literacy
- Understanding and Improving Personal Credit