

ALL ABOUT THE GREEN

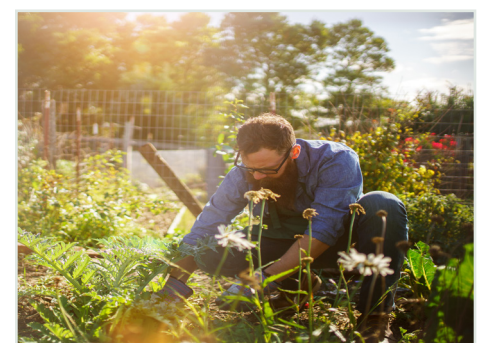


Fight allergies, take steps to balance your budget and learn about the benefits of gardening:

- Sunlight provides vitamin D
- Gardening keeps you active
- Manual tasks cure your “attention fatigue”
- Grow and eat nutritious food
- A new hobby is a great way to make new friends

APRIL ACTIVITY WHAT'S IN YOUR BUDGET?

Use a handy worksheet to analyze your income and spending. The results may surprise you! Your first tip? Find time each day or week to track your spending. This helps prevent spending spirals and you'll notice any irregular activity in your account.



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