

## **Online Webinars**

Below are the financial and nutrition webinars from UF/IFAS Extension webinars through August 2017. Our nutrition team is taking a break until September. Fall nutrition topics include probiotics, fiber and supplements. All webinars are 12:00pm -1:00pm EDT

### **Dine Out Like a Nutrition Expert**

**June 1**

Expert strategies and tips to enhance your skills for planning ahead, choosing wisely and making informed decisions when eating out.

Registration: <https://attendee.gototraining.com/r/4694431243839603201>

### **Medicare Basics**

**June 29**

This presentation gives an overview of Medicare and provides useful information for current beneficiaries, individuals who will soon turn 65 and individuals who are transitioning from employer coverage to Medicare.

Registration: <https://attendee.gototraining.com/r/1167075900369782530>

### **Choosing When to Receive Social Security Retirement Benefits**

**July 18**

We will explore the variables to consider when deciding whether to start receiving a reduced Social Security benefit at age 62 or delaying until a later year.

Registration: <https://attendee.gototraining.com/r/1381102435786267138>

### **Money Decisions**

**August 17**

We will explore how consumers make decisions about money and strategies to achieve personal finance goals without getting sidetracked.

Registration: <https://attendee.gototraining.com/r/5514142455340495618>



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**Main Website:** <http://orange.ifas.ufl.edu/>

**Classes:** [oclivingwell.eventbrite.com](http://oclivingwell.eventbrite.com) and [gardenflorida.eventbrite.com](http://gardenflorida.eventbrite.com)

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