

## Family/Consumer Education

**Family & Consumer Education** -- families become resilient and healthy by teaching nutrition, food preparation skills, positive child care, family communication, financial management, and health care strategies.

**Life Span & Human Development** -- normal and healthy aging resources throughout the lifecycle -- from positive parenting techniques and principles to understanding the principles of normal aging.

**Family Matters** is a monthly publication for parents and care providers of children 3 to 7. Available in both English and Spanish, these copy-ready newsletters are provided free of charge for use as handouts or as information excerpts for newsletters. To receive the Family Matters newsletter via e-mail, please contact our office at 720-913-5270 or it may be downloaded by clicking on the *Family Matters* link (TBD).

**Gerontology** -- Fact sheets regarding health and wellness, physical activity, caregiving, money management and elder fraud are available in the office. Presentations on many of these topics can also be provided to community groups. For more information, call 720-913-5266.

**Financial & Consumer Issues** -- programs and resources designed to enable conservation and wise usage of natural and human resources -- including sound financial management, making wise choices, increasing consumer skills and avoiding scams and fraud.