

Upcoming Programs

Full details can be found by visiting springfieldmo.gov/inbalance

C.A.S.H. Financial Series

C.A.S.H. (Come And See How To...) Make Money Work for You is a 4-week interactive financial education series that provides all the tools and information you need to learn how to manage your money, instead of money managing you!

Fitness classes

Finish 2018 strong by attending our weekly fitness classes! Classes will be held until December 13, 2018. inBalance will be providing new class offerings in 2019. Keep an eye out for more details.



What is Movember?

During the month of November, men all over the world grow a mustache to bring awareness and action to men's health. inBalance and the City of Springfield will be participating in the campaign this year.

Why is Movember important?

- 1 in 8 men will be diagnosed with prostate cancer during their lifetime.
- Men die 5.1 years sooner than women, on average.
- The highest rates of depression occur among men 40-59 years old.
- On average, 87 men in the US die by suicide. Every. Day.

Ladies & gentlemen, how can you get involved?

1. Choose "One MO Thing" you will do this month to improve men's health, whether it's your own or a loved one's health.
2. Visit www.movembersgf.com to print a blank card to write down your "One MO Thing".
3. Snap a selfie and send it into inBalance@springfieldmo.gov.
4. Selfie = FREE MOVEMBER T-SHIRT!

Monthly Drawing



What MO will you do this month to support men's health? Need ideas? Visit movembersgf.com.

Please email inBalance@springfieldmo.gov with your response to be placed in a drawing to win a \$10.00 Gift Card OR send us a selfie (see above) for a FREE MOVEMBER T-SHIRT. If you wish to be placed in the drawing, your answer must be submitted to inBalance by the last day of the month.

Questions? Email us at inBalance@springfieldmo.gov