

Upcoming Programs

inBalance University Presents: Taking a Bite out of Diabetes

What will you learn? Free event. Each session will cover different information about diabetes.

Who should attend? Anyone with diabetes, pre-diabetes, and those who might be caring for someone with diabetes. Participants are welcome to bring a guest, such as a spouse and/or other family member.

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C.A.S.H. Basic Budgeting Series

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 your money managing you! Also, by completing this course, you will be eligible for a \$100 Savings Match with partnering banks!

FULL DETAILS COMING SOON

Suicide Prevention Awareness Month

September 1 - 30

While suicide prevention is important to address year-round, Suicide Prevention Awareness Month provides a dedicated time to come together with collective passion and strength around a difficult topic. The truth is, we can all benefit from honest conversations about mental health conditions and suicide, because just one conversation can change a life.

For more information about mental health, please visit www.nami.org.

Monthly Drawing



Please email inBalance@springfieldmo.gov with your response to be placed in a drawing to win a \$10.00 Gift Card. If you wish to be placed in the drawing, your answer must be submitted to inBalance by the last day of the month.

How will you take time this month to focus on "you"? Vacation, deep breathing, family time, etc.?