

**Are you worried about making ends meet?**



Ask about our FREE  
**Financial Fitness for Older Adults program**

It's available at no cost to people who are at least 60 years old and live in Collin, Denton, Ellis, Erath, Hood, Hunt, Johnson, Kaufman, Navarro, Palo Pinto, Parker, Rockwall, Somervell and Wise Counties.

Our financial fitness coaches will work with you to:

- See if you qualify for federal benefits
- Find ways to increase your income and/or cut back on your expenses
- Make the most of your healthcare insurance
- Avoid frauds and scams
- Avoid loans that take advantage of you
- Figure out if Medicaid is right for you



For more information, call Doni at **817-695-9193** or email **[dgreen@nctcog.org](mailto:dgreen@nctcog.org)**.

*Financial Fitness for Older Adults is a community service program offered by the North Central Texas Area Agency on Aging. It is funded in part by the Texas Health and Human Services Commission.*