

**Coping with the
Rising Cost of
Living**



Coping with the Rising Cost of Living

Monday 14 November

12-2pm

3 weeks

If you find it hard to keep track of where your money goes, this course will help you to discover practical ways to save money. The course will cover

- Ways to save money and make ends meet
- How to live on a tight budget
- Managing bills
- Avoiding debt
- Knowing where to find help if you need it

Enrol Now!

To find out more and enrol please speak to one of the South Lakeland Adult Learning Team on 01539 713257 or email southlakelandadultlearning@cumbria.gov.uk