

# Make your money go further

## A free course in Harlow (at The Stow)

### Aims of the course:

- To help you keep to your food budget
- To help you make your money go further



### Course topics include:

- Know what you're eating tonight
- Quick and easy meals
- Reduce your spending and get more for your money
- Live within your budget and stay out of debt
- Save and borrow wisely



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