



Alan P. Sentance Educational Lecture Series:

Budgeting In Times Of Rising Costs

Presented by Angela Dzinias

Wednesday, May 17 2023

11 am—12 pm

Via Zoom

You may find yourself (or know someone who is) among the many Canadians who are struggling to keep up with the cost of living. As things become more expensive, consumers need to re-examine and adjust their budgets as they are paying more for essentials like groceries. There are many things to consider when planning your budget.

Come join us for this very informative presentation with Angela Dzinias, Personal Finance Expert. She will discuss various strategies and steps to create and/or adjust your budget to help you manage the rising cost of living.

This is a free online presentation delivered via Zoom, with the option to connect over the phone. All in the community are welcome and encouraged to attend.

Call 613-236-0428 or e-mail info@thegoodcompanions.ca to register and receive the Zoom information to connect.

The Good Companions - 670 Albert St.
613-236-0428

info@thegoodcompanions.ca
www.thegoodcompanions.ca