

# Lessons for LIVING

A free webinar series  
from University of  
Illinois Extension.



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**Illinois Extension**  
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

**No matter your age, learn valuable life lessons and  
gain relevant, easy-to-understand tips for living an inspiring,  
healthful, and rich life.**

## **Inflation: How it Affects a Fixed-Income Budget**

February 13 | 10 AM or August 12 | 2 PM

Have you gone to the grocery store recently and noticed that an item that you regularly purchase is more expensive than normal? According to the Consumer Financial Protection Bureau, inflation happens when the price of goods and services increase over time. In this session, we will take a deeper dive into what inflation is and how it affects our buying power, how we can adjust our budget with increasing prices, and provide resources to better understand the effects of inflation in your everyday lives!

## **Where to Start: Declutter Your Home and Finances**

April 8 | 2 PM or September 11 | 10 AM

Do you feel overwhelmed trying to organize your stuff? Do you have a filing cabinet spilling over with financial paperwork? During this program we will explore reasons for clutter and how it makes you feel, understand what financial documents need to be kept while discussing options to discard sensitive documents, learn the benefits of decluttering and minimizing, and identify strategies to create a plan to clear your clutter.

## **Honey**

May 15 | 10 AM or October 14 | 2 PM

How sweet it is! Honey, a gift from our friends the bees. Get the scoop on honey and how to use it in your recipes.

## **Wellness in Nature**

June 10 | 10 AM or November 13 | 2 PM

Spending time in nature can benefit mental and physical well-being. From creating a sensory experience while growing vegetables and fruits in a garden, to hiking and exploring a forest preserve, even a short amount of time spent in nature can improve overall health. Explore the health benefits of being present in nature and discover simple activities to foster experiences in the natural world.

Register for webinars at least one week in  
advance:

[go.illinois.edu/2025HCElessons](https://go.illinois.edu/2025HCElessons)

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