Budget Counseling

Through our partnership with *Everence Financial*,

Use up to three (3) of your PWP sessions toward over-the-phone Budget Counseling which can include:

- Money management and budgeting
- Credit reports and improving credit scores
- Preventing and resolving identity theft
- Mortgage foreclosure and/or predatory lending
- Home buying readiness and mortgage financing

For more information,

contact Philhaven's PWP at 800.527.2322

Eldercare Services

Through our partnership with

Senior Caregiving Solutions, use up to three (3) of your PWP sessions toward:

- Research and coordinate care options
- Customized portfolios
- Outline of products and services available
- Narrow retirement living options
- Explore "aging in place" products and services
- And more!

For more information,

contact Philhaven's PWP at 800.527.2322

Nutrition Sessions

Use up to three (3) of your PWP sessions to learn about:

- Diabetes and blood sugar control
- Techniques to prevent heart disease, lower cholesterol and triglycerides
- Weight control
- Healthy eating
- Diet during pregnancy and lactation
- Dietary Approach to Stop Hypertension (DASH)
- And more!

For more information,

contact Philhaven's PWP at 800.527.2322

Wellness Classes

Use up to three (3) of your PWP sessions for classes at a wellness facility near you.

- Smoking Cessation
- Yoga
- Pilates
- Zumba
- Weight Training for Women
- And more!

For more information, please contact Marganne Hoffman, PWP Coordinator, at mhoffman@philhaven.org

You will need to supply the facility name and contact information, class name, time, and price information.