

# Common cent\$: Maximizing \$aving\$ With Coupons

Workshop for Faculty and Staff

**This is the first workshop in a new Wellness Initiative workshop series called  
Common cent\$: Practical Tips for Savvy Living.**

**Never Pay Full Price. . . Especially When You Don't Have To!**



We know we need to stretch our dollars to make them last. . . but how?

We spend up to 25% of our take home pay on groceries and daily essentials like household and personal care products. The price on the shelf is NOT necessarily the price you HAVE to pay at the register. Learn ways to use coupons, store sales and other programs to maximize savings. Did you know that you can get items for FREE or even get PAID to buy a product?

Shobhna Arora and Lisa Drouillard, two experienced couponers, will use real examples based on their experiences to teach you strategies to cut your household spending including groceries and personal care products.

Participants will learn:

- Couponing lingo and terminology;
- Where to find coupons;
- How to get organized;
- Online resources; and
- Examples of real savings.

**Register on the web by April 24<sup>th</sup> at: [www.umbc.edu/training](http://www.umbc.edu/training)**

Spaces are limited and pre-registration is required.