Aberdeen Proving Ground





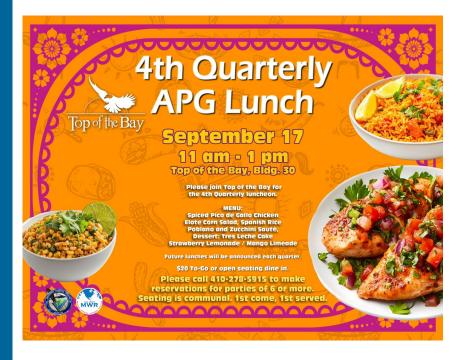




ISSUE 9-1









Sports and Fitness







Don't miss this















Family and Finances

Upcoming FRP Classes

09/03 - Finance and Promotion: In this seminar, we will review your finances to help set you up for a successful and prosperous future. We will cover four main topics: Financial Planning, Saving for Retirement, Career Investment Programs and Provide Financial Resources.

09/04 - Investing In the Digital Age - PT 1: Learn how to make smart investment decisions and protect your money from scams in this briefing delivered by the U.S. Securities and Exchange Commission.

09/05 - Investing In the Digital Age - PT 2: Learn how to make smart investment decisions and protect your money from scams in this briefing delivered by the U.S. Securities and Exchange Commission.

09/10 - Psychology of Spending: Spending habits can be influenced by a variety of factors, both internal and external. When it comes to budgeting and spending, it's important to not only determine what, but the why and how. Join us to learn more about the psychology of spending and how to use this awareness to ensure your spending habits align with your values.

09/11 - Marriage and Finances: Marriage is not only a meaningful commitment to your partner but also a financial commitment, and financial stress can play a big role in a marriage. This seminar will provide tips and tools to help you minimize stress and optimize your finances.

09/12 - Divorce and Finances: The financial effects of divorce are stressful! The goal of this class is to help reduce uncertainty associated with the financial aspects of divorce. We'll share information to help you make smart, informed financial decisions so you can emerge from your divorce with greater financial confidence.

Wed, Sep 17 - Home Buying: A house is one of the most complicated and expensive purchases you will ever make. This presentation provides an overview of the home buying and mortgage process.

Topics include:

- Whether the Time is Right to Purchase A Home
- Determining What You Can Afford
- Choosing A Lender and Loan
- Selecting A Real Estate Agent
- Negotiating
- Closing the Deal

ARMY COMMUNITY SERVICE

partnership with: Army Substance Abuse Program & Pets on Wheels

We Are Stronger Together. Connect to Protect!

25 SEPTEMBER ~ 10am - 12pm ~ C5ISR COURTYARD

A time to place the spotlight on the multiple prevention resources available to Army Soldiers, Civilians and Family Members.

EMPHASIS ON:

- Connecting to Resources
- * Encouraging Help-Seeking
- Community & Resilience
- Combatting Isolation



INFORMATION TABLES FROM:

- * Army Community Service
- Army Substance Abuse Program
 Employee Assistance Program
 Suicide Prevention
- Pets on Wheels: The joy of friendly pet therapy on site 10-11am.









