

# Two Easy Steps to Boost Your Financial Health & Peace of Mind in 2023

Washington Metro Oasis and AARP Maryland want to help you make 2023 as worry-free as possible. Here are two easy things you can do:

- + With energy costs rising, learn how to keep more dollars in your pocket
- + Give a gift to yourself and your loved ones by completing your Advanced Directive.

## Stop Losing Money on Your Utility Bill

Monday, February 13  
1–2 p.m.

Class #104 | In-person or Zoom

## Advance Directives Demystified

Thursday, February 23  
1–2:30 p.m.

Class # 107 | Zoom



## Keep Learning With Oasis

These programs are just two of many offered by Washington Metro Oasis—a unique educational program for adults who want to continue learning and thriving throughout their lives. Membership is free and open to anyone over the age of 50. Join Oasis and stay sharp by engaging in:


- + Lifelong Learning classes on fascinating topics
- + Computer and technology classes
- + Health and wellness programs
- + Volunteer opportunities




## Register for these FREE Programs!

Scan the QR code with your smartphone camera or contact Oasis for assistance.

 [washington-metro.oasiseverywhere.org](https://washington-metro.oasiseverywhere.org)

 (240) 800–3745

 [washingtonmetro@oasisnet.org](mailto:washingtonmetro@oasisnet.org)

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