EDUCATION

Tips for Birth to 5 years
• Make sure you take your child for regular checkups and keep immunizations up to date.
• Read and sing to your child.
• Play! Make learning fun.

Tips for Preparing Your Child for School and Life
• Get involved! Make a point to communicate regularly with your child’s teacher.
• Help your child with schoolwork, and ensure your child is ready and prepared for the following school day.
• Make sure your child has a quiet place to study and complete assignments away from distractions.
• Help your child read at grade level.

INCOME

Tips for Job Seekers
• Be prepared! Practice before you go on an interview. Have a friend ask you questions.
• Make sure you talk about your skills.
• Ask questions. This shows your interest in the job and the company.

Tips for Making a Dollar Stretch
• Purchase shelf staple items such as dried beans and rice and only purchase items on sale.
• Make sure doors and windows are sealed properly so heat or cool air won’t escape.
• Always, always, follow this simple tip: Pay rent or mortgage first, utilities second and then food. Write down everything you spend and keep track of where your money is going.

HEALTH

Tips for Improving Health
• Drink lots of water!
• If you smoke — quit. Not only will this improve your health, but you will save money!
• If possible, get a flu shot. It will help you stay out of the doctor’s office and you won’t miss work and/or school.

Tips for Fitness
• Walk, Walk, Walk!
• Get outside and play!
• Take advantage of what your community has to offer, such as recreation activities and events, visit www.ourunitedway.org/Play60.

When you support United Way, you make an investment in our community. United Way gives kids a solid start, stabilizes families in crisis, and provides independence for the elderly and people with special needs. We are all about connecting people who want to help, with people who need help. We do that through community contributions that fund partner agencies, information and referral and our volunteer center.

UNITED WAY FUNDED SERVICES

Alzheimer’s Association..........................................................706-278-0719
American Red Cross..........................................................706-278-5144
Big Brothers/Big Sisters.......................................................706-278-0702
Boehm Birth Defects Center................................................706-778-2222
Boy Scouts..........................................................706-272-7111
Boys & Girls Clubs........................................................706-226-2582
Carter Hope Center............................................................706-226-7044
Community Connections..................................................706-226-4357
Cross Plains Community Partner........................................706-278-8143
Family Frameworks.........................................................706-313-0023
Family Support Council....................................................706-272-7919
4-H Club of Murray County.................................................706-695-3031
Friendship House...............................................................706-278-8012
Girl Scouts..........................................................706-226-1435
Looper Speech & Hearing Center........................................706-226-4623
Meals on Wheels-Murray....................................................706-695-7000
Murray County Developmental Center...............................706-695-4571
NW GA Family Crisis Center.............................................706-786-6955
RossWoods..........................................................706-270-9628
Salvation Army...............................................................706-278-3966
United Way Volunteer Center.............................................706-226-4357
Whitfield-Dalton Day Care................................................706-278-8991

All United Way funded services provide direct and/or supportive services to Murray and Whitfield county residents.

facebook.com/UnitedWayNWGA

@UnitedWayNWGA

GIVE. ADVOCATE. VOLUNTEER.
LIVE UNITED.

United Way of Northwest Georgia
P.O. Box 566
Dalton, GA 30722-0566
Dial 2-1-1 or 706-226-4357 (CAN HELP)

VISIT OUR WEBSITE FOR INFORMATION OR TO VOLUNTEER
www.ourunitedway.org

FALL 2011