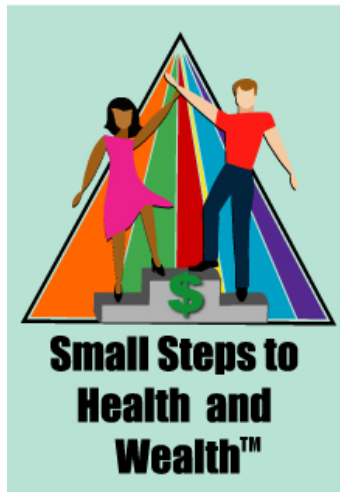


Got New Year's Resolutions to Improve Your Health and Personal Finances?

Saving Money, Losing Weight, Reducing Debt, etc?



Reach Your Goals by Participating in the online *Small Steps to Health and Wealth™ (SSHW) Challenge!*

Sunday, January 17, 2010 to Saturday, February 27, 2010
(6 Weeks)

Free Enrollment and Available 24/7/365

Prizes will be awarded for the best SSHW Challenge scores

Follow the "Challenges" Link on the SSHW Web site at <http://njaes.rutgers.edu/sshw>

Download the User's Guide, Set up a Username and Password, and Start Tracking Your Progress on 1/17/10