



*“Not only do I pay very little for groceries ...
Sometimes they pay me!”*

Find out how a working mother cuts her grocery bill to almost nothing every week with couponing.

Here are just a few examples of Alicia’s savings:

National grocery story chain:

Should have paid \$178, but I paid \$29
Should have paid \$59, but I paid \$6

Well-known department store:

Should have paid \$64, but I paid \$1
Should have paid \$72, but I paid \$7

Pharmacy:

Should have paid \$126, but I paid nothing
Should have paid \$54, but I paid .92 cents

Another grocery store:

Should have paid \$67, but I paid nothing
Should have paid \$83, but I paid \$12

“Big Box” retailer:

Should have paid \$213, but I paid \$58
Should have paid \$62, but they paid me \$3

Another national pharmacy chain:

Should have paid \$49, but they paid me \$1
Should have paid \$72, but paid \$3



Sign up for these seminars now. Hurry! Space is limited. You must register to guarantee seating.

Sept 14 from 2:30-4:30 pm
Sept 28 from 2:30 to 4:30 pm
Oct 5 from 3:00 to 5:00 pm
Nov 9 from 3:00 to 5:00 pm
Nov 23 from 3:00 to 5:00 pm
Dec 6 from 10 am to 12:00 pm
Dec 7 from 3:00 pm to 5:00 pm
At the Ledger-Enquirer, 17 W. 12th St.

Sept 11 from 6-8 pm
Sept 25 from 6-8 pm
Oct 16 from 6-8 pm
Nov 6 from 6- pm
Nov 20 from 6-8 pm
Dec 4 from 6-8 pm
At Cascade Hill Church, 727 54th St.

Go to www.breakingfreeseminars.com to register. Cost is \$20 and includes training materials.