



Mundelein Park & Recreation District

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<http://www.mundeleinparks.org>

NEWS RELEASE

FOR IMMEDIATE USE

August 18, 2011

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**COUPON EXPERT COMES TO MUNDELEIN PARKS
TO MAKE IMPACT ON YOUR BUDGET**

Help in your budget is coming thanks to the Mundelein Park District's (www.mundeleinparks.org) **NEW "Couponing 101" program.** With guidance and tips from coupon guru, **Rita Cangialosi of Chi-Town Cheapskate** (www.chitowncheapskate.com), you learn that **HOW** and **WHEN** you shop can make a huge impact on grocery costs. **In fact, your grocery bill is one of the best places to CUT wasteful spending.**

Learn the perfect play at the checkout by attending this informative and useful session on **Tuesday, Sept. 20 from 7 p.m. to 8:30 p.m.** at the Park District's Regent Center (1200 Regent Drive) in Mundelein. It's geared for adults, beginners or seasoned couponers. **Cost is just \$7** for Mundelein residents (\$10 non-residents).

– more –

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Learn things like how to shave 50% or more off your grocery bill, how sales run in cycles, coupon lingo, rewards programs, and more. Registration is now open and can be done by calling **847-566-0650**, or stopping by the Mundelein Community Center (1401 N. Midlothian Road).

You can also learn about the 3000+ year-round programs and activities for all ages and interests offered through Mundelein Parks by visiting www.mundeleinparks.org.

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