



August

## Flip the Switch on Saving: Easy Ways to Cut Energy Costs

This presentation will focus on practical low-cost and no-cost strategies that households can use to reduce energy consumption and lower utility bills. Attendees will learn simple, effective techniques that can be implemented without major upgrades or expenses.

DATE: 08.12.26

TIME: 11:30 AM

LOCATION: Portage Commons

ADDRESS: 133 N. William St., South Bend, IN 46601

**Space is limited, reserve your spot today by calling (574) 284-7189 to register.**

**Register for lunch by 12 PM: 08.10.26**



*Program may be provided in part by funding through Indiana Family and Social Services Administration through the Older Americans Act.*



**Ingrid Simmons**

Energy Assistance Program  
Director

With more than 30 years of service at REAL Services, Ingrid Simmons brings deep experience and dedication to supporting individuals and families across Indiana.

Beginning in 1994 as a county coordinator in the Nutrition Program, she developed a strong foundation in community-based services before transitioning to the Energy Assistance Program (EAP) in 2000.