

# SENIOR news&notes

## 70 Free Tips To Help Seniors Save Money

(NAPSA)—A little work can help you make big cuts in your health insurance premiums. That's what senior citizen advocate Mary Johnson found out. "Don't expect your health insurer to tell you how to do this," Ms. Johnson wryly observes. Now she is helping others learn the secret of cutting their health insurance costs.

Seniors and those nearing retirement can benefit from her tested money-saving tips in "70



**TO BE A SMART health care consumer, seniors need to know what to look for and how to find help. A free booklet can help.**

Ways You Can Save Money! How You Can Live Better In Retirement." Mary Johnson is the editor of the League's popular The Social Security and Medicare Advisor newsletter. Internet users can download the booklet free of charge from TREA Senior Citizens League (TSCL), one of the nation's largest nonpartisan seniors groups, at [www.tscl.org/70ways](http://www.tscl.org/70ways), or a hard copy can be ordered through the mail. Just send \$2 for shipping and handling to TSCL, Dept. N620, P.O. Box 97173, Washington, D.C. 20090-7173.