

APRIL: WELLNESS PATH

Healthy choices you can live with—for life

MONTHLY WEBINAR

Stick With It!

Thursday, April 15, 2010
12:00 p.m. - 1:00 p.m.

Examine strategies and tips to help you create your wellness vision and healthy living goals. Identify and learn techniques to overcome the common obstacles that often block the way to goal achievement.

Register for the webinar on the NYS-Balance website. To participate, you will need an Internet-connected PC and a phone. If the webinar is not scheduled during your break/lunch time, you can view it later online.

Additional resources are available through your NYS Employee Assistance Program (EAP). For more information about EAP and other Work-Life Services benefits, please visit www.worklife.state.ny.us.

David A. Paterson, Governor,
State of New York

Gary Johnson, Director,
Governor's Office of Employee Relations

NYS-Balance is a resource and referral program offered by Work-Life Services with funding provided by the negotiated agreements between the State and CSEA, PEF, UUP, DC-37, NYSCOPBA, and GSEU, and by the Governor's Office of Employee Relations for employees designated M/C.

Copyright © 2010
NYS Governor's Office
of Employee Relations

4/10

life
less complicated

RESOURCES: CONSULTANTS AND WEBSITE

Lose 20 pounds. Quit smoking. Train for a marathon. While having wellness goals is important, so is maintaining a strategy for long-term success. Wellness depends on healthy choices for a lifetime, not just for right now. Discover what habits you can change to support a wellness lifestyle.

Visit your NYS-Balance website to take one of more than 40 health assessments, or read articles on stress management, healthy eating, and more. Call and speak to one of our helpful consultants for referrals to exercise classes and weight-loss programs in your area. Using your NYS-Balance resources, you can make the path to wellness become less complicated. Call or log on to get started.

To access the service, contact your Human Resources Officer or EAP Coordinator for the website log-in information or the toll-free number.