

NOVEMBER: QUIT IT

Dropping Unhealthy Habits

MONTHLY WEBINAR



Stick With It

Thursday, Nov 19, 2015
12:00 p.m. - 1:00 p.m.

Using strategies developed by the Mayo Clinic, discover the unrealistic expectations that could be impacting your ability to stick with positive change.

BE SURE TO REGISTER IN ADVANCE

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 or lunch time, you can view it later online.

RESOURCES: CONSULTANTS AND WEBSITE

Letting go of an unhealthy habit isn't easy. Once you start to associate behaviors like smoking with relaxing, or having ice cream while watching TV, they become part of your daily routine. Your first step is to make a decision to change that routine, and replace unhealthful habits with healthier ones. Your NYS-Balance program can provide you with information and resources to help you quit that bad habit for good.

Call or visit us online to get started.

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.ny.gov.

Andrew M. Cuomo, Governor,
State of New York

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, NYSOPBA, GSEU, and Council 82, and by the Governor's Office of Employee Relations for employees designated M/C.

Copyright © 2015
NYS Governor's Office
of Employee Relations

11/15