

DECEMBER: HOW DID YOU DO IT?

Little Steps Toward Healthy Habits

MONTHLY WEBINAR

The Path to Inner Peace

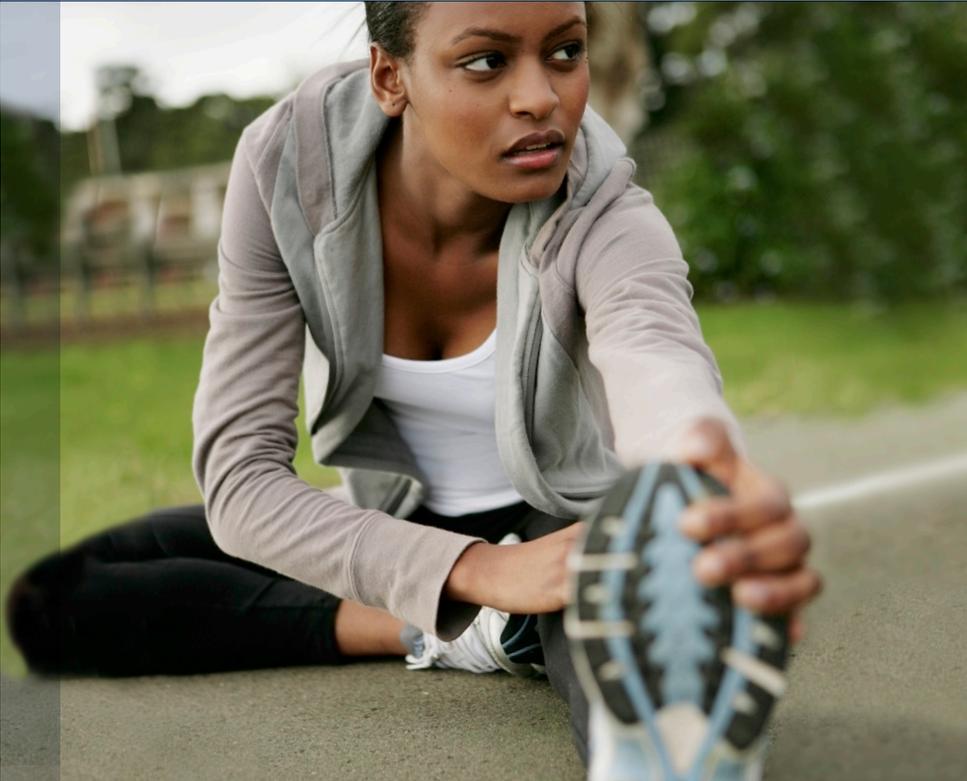
Thursday, December 19, 2013

12:00 p.m. - 12:30 p.m. &
1:00 p.m. - 1:30 p.m.

Through a greater examination of self, as well as of your personal and work environments, you can take steps down the path to inner peace.

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

The end of the year brings thoughts of New Year's resolutions. Many of us want to lose weight or start an exercise program, but often lose interest because we've taken on too much. Why not start with smaller goals, like taking the stairs or cutting back on sweetened beverages? A few small changes can lead to a healthier you in the New Year.

Call or visit us online for help achieving your wellness goals.

Please contact your Human Resources Office, EAP Coordinator, or Work-life Services at worklife@goer.ny.gov for the username and password to access this website or for the toll-free number to call NYS-Balance.

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

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