

MARCH: WHAT'S YOUR PLAN?

Making the rest of your life the best of your life



MONTHLY WEBINAR

Celebrating Mid-life

Thursday, March 20, 2014
12:00 p.m. - 1:00 p.m.

Mid-life can be the best time of your life. Learn how to find your passion, explore encore careers, and deal with Empty Nest Syndrome and Boomerang Kids—all in an effort to prepare yourself for this exciting time.

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

"A goal without a plan is just a wish."

Antoine de Saint-Exupery

Whether it's career advancement, strong personal relationships, or financial security, setting realistic and attainable goals is the surest way to make positive changes in your life. NYS-Balance can help you identify your goals and provide information and support on how to achieve them.

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

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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.

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