



2014 WEBINAR CALENDAR:

JAN 16 — MAKE YOUR MONEY WORK FOR YOU:

A Debt Management Plan - Learn tips to decrease your debt, maximize your credit score, negotiate with creditors, and rebuild your credit after major life events such as divorce, bankruptcy, or ID Theft. **12 p.m. - 1 p.m.**

FEB 20 — 8 STEPS TO A HEALTHY HEART - Utilizing the Mayo Clinic's Heart Healthy Diet concepts, this webinar will review the eight steps for preventing or reducing your chances of heart disease. **12 p.m. - 1 p.m.**

MARCH 20 — CELEBRATING MID-LIFE - Mid-life can be the best time of your life. Learn how to find your passion, explore encore careers, consider dating, and deal with Empty Nest syndrome and Boomerang kids—all in an effort to prepare yourself for this exciting time. **12 p.m. - 1 p.m.**

APRIL 17 — WILL THERE BE A COUCH? What to Expect from Counseling - Many people avoid counseling due to misconceptions or even fear. Learn about the counseling process, different types of counseling, what is talked about, and terminology used. **2 WEBINARS: 12 p.m. - 12:30 p.m. and 1 p.m. - 1:30 p.m.**

MAY 15 — IT'S NOT JUST ABOUT THE MONEY - Retirement isn't just about your pension or 401(k). Your retirement plan may include a new living environment, a chance to explore interests, or even a new career. **12 p.m. - 1 p.m.**

JUNE 19 — KEEPING YOUR LOVE ALIVE - Learn 10 relationship essentials, how to cope with challenges & conflicts, and how to balance communication styles while keeping your relationship fresh in this 60-minute webinar. **12 p.m. - 1 p.m.**

NYS-BALANCE MONTHLY WEBINARS:

An online learning resource for you

To make learning less complicated, NYS-Balance provides online training through the monthly webinar series. Sessions cover a range of practical work and life topics.

REGISTER IN ADVANCE OR VIEW LATER ONLINE

For any webinar that you plan to attend, be sure to register in advance 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 at your convenience.

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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