



WEBINAR CALENDAR:

All webinars are scheduled from noon - 1:00 p.m.

JUN 17 — WORKING PARENTS - Setting realistic boundaries for success

JUL 15 — IT'S NOT JUST ABOUT THE MONEY- Planning for the social and emotional aspects of retirement

AUG 19 — PREPARING TO LEAVE THE NEST: Tips for Young Adults and Parents - Easing the high school-to-college transition

SEPT 16 — TAKING AN ACTIVE ROLE IN YOUR HEALTH - Making informed decisions regarding use of medical services

OCT 21 — MAKING A DIFFERENCE: Volunteering for a Lifetime - Exploring volunteer opportunities for all ages

NOV 18 — KNOWING YOUR LIMITS: Elder Care Planning and Decision Making - Recognizing your own limits and locating help when you need it

DEC 16 — SAY WHAT YOU MEAN THE RIGHT WAY: Strengthening Healthy Forms of Communication - Guidelines for successful communication

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/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.

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.