

JANUARY: FINANCIAL FITNESS

Creating and Sticking to a Budget

MONTHLY WEBINAR



Living Within a Realistic Budget

Thursday, January 19, 2012
12:00 p.m. - 1:00 p.m.

Learn to create and live within a realistic budget, set short and long-term financial goals, track spending, and manage debt.

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

Whether your goal is paying off debt or saving up for vacation—creating a budget is an excellent tool to help you achieve it. Visit your work-life website for a free budget form, to read one of our many articles on budgeting or other financial topics, or to use any one of our more than 40 financial calculators.

Call or visit us online to get the right answers to your financial questions.

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

Gary Johnson, Director,
Governor's Office of Employee Relations

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