

FEBRUARY: FINANCIAL FITNESS

How to live lean

MONTHLY WEBINAR

FINANCIAL FITNESS: Living Within a Realistic Budget

Thursday, February 19, 2015
12:00 p.m. - 1:00 p.m.

Living within a budget can seem restrictive—similar to being on a diet. Learn about common money mistakes as well as practical and realistic tips for living within a budget.

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

Financial fitness is like physical fitness; you need to commit to regular changes in your life and focus on attainable goals.

Creating a budget, eliminating credit card debt, investing wisely, and saving for the future are all elements of a financial fitness plan. Your NYS-Balance program is here with tools and resources to help you get financially fit.

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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less complicated