

MARCH: GET IT TOGETHER

Make your disaster plan



MONTHLY WEBINAR

Practical Strategies to Stay Safe

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

Learn strategies to keep you and your family safe in case of natural disasters or other emergencies.

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

The key to surviving a disaster is to be prepared. Whether your community is prone to hurricanes, vulnerable to wildfires, or waiting for the next big earthquake, having a plan in place can make all the difference for you and your family. Your NYS-Balance program can help with resources and information on creating your disaster plan.

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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