

SEPTEMBER: DO YOU NEED A BREAK?

Relaxation For Mind, Body, And Spirit

MONTHLY WEBINAR



Relaxation at the Workplace

Thursday, September 20, 2012
12:00 p.m. - 1:00 p.m.

Learn stress busters, breathing techniques, and safe stretching exercises to relieve tension at the workplace or anywhere.

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

Work deadlines. Family commitments. Sometimes the one thing that doesn't make it onto the daily calendar is relaxation. Whether it's a walk in the park or planning that much needed vacation, taking a break from the routine is vital to re-energizing the mind, body, and spirit. We can help with tools and resources to get the relaxation you need.

Call or visit us online to get the answers to your relaxation 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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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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