



WEBINAR CALENDAR:

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

JAN 19 — FINANCIAL FITNESS: Living Within a Realistic Budget - Learn to create and live within a realistic budget, set short and long-term financial goals, track spending, and manage debt.

FEB 16 — THE ART OF LISTENING AND GIVING FEEDBACK - Enhance communication through the art of active listening and learn guidelines for healthy and successful interaction.

MARCH 15 — EATING YOUR WAY TO WELLNESS - Tips and resources to eat your way to better and long lasting health based on the new USDA "My Plate" guidelines.

APRIL 19 — GETTING PREPARED BEFORE A DISASTER STRIKES - Learn steps to cope with a disaster with careful preparation and the development of an action plan.

MAY 17 — THE BEST SUMMER EVER! -
Learn strategies to create a rich and rewarding summer experience for your child.

JUNE 21 — READY-SET-RETIRE: It's Not Just About the Money - Retirement planning is not just about your pension or 401k; it's an entirely new chapter in your life. In this session, you will explore retirement issues in order to prepare for the social and emotional aspects of living a retiree's lifestyle.

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 or 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.

Andrew M. Cuomo, 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, GSEU, and Council 82, and by the Governor's Office of Employee Relations for employees designated M/C.

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