



WEBINAR CALENDAR:

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

JULY 19 — YOUR ROUTINE FINANCIAL CHECK-UP - Learn key indicators of financial stability and use simple strategies to reach your optimum financial health.

AUG 16 — RAISING RESPONSIBLE TEENS - Obtain practical parenting tips for raising trustworthy teens to ensure their safety and give you peace of mind.

SEPT 20 — RELAXATION TECHNIQUES AT THE WORKPLACE - Learn stress busters, breathing techniques, and safe stretching to relieve tension at the workplace or anywhere.

OCT 18 — PREPARING TO ENTER COLLEGE - Take the mystery out of the admissions process with tips for applications, financial aid, and the emotional aspects of applying for college.

NOV 15 — WHO TAKES CARE OF THE CAREGIVER? - Caring for dependent adults can be overwhelming. Caregivers and their families learn tips to manage stress and identify resources.

DEC 20 — CREATING YOUR PERSONAL DEVELOPMENT PLAN - Where do you want to be one, five, even 10 years from now? Mapping your growth in the short and long term.

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

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