



2015 WEBINAR CALENDAR:

JUL 16 — INFORMATION OVERLOAD - Review practical tips for managing your devices and applications to eliminate distraction and create more focus in your professional and personal lives.

2 WEBINARS: 12 p.m. EST and 1 p.m. EST

AUG 20 — STRATEGIES FOR MULTIGENERATIONAL CAREGIVING - Learn about the emotional and financial impact of being a member of the sandwich generation. Discover coping mechanisms that help restore work-life balance and support resilience. **12 p.m. EST**

SEPT 17 — COPING WITH CHANGE - Learn personal strategies on how to deal with both the losses and the gains that change brings to your life. **12 p.m. EST**

OCT 15 — KNOW THE 10 SIGNS - Learn to identify the 10 early warning signs of Alzheimer's disease through this webinar presented by the National Alzheimer's Association. Review the differences between age-related memory lapses and the signs of dementia. **12 p.m. EST**

NOV 19 — STICK WITH IT - Using strategies developed by the Mayo Clinic, discover the unrealistic expectations that could be impacting your ability to stick with positive change. **12 p.m. EST**

DEC 17 — IT'S NOT JUST ABOUT THE MONEY - Retirement isn't just about your pension or 401(k). Your retirement plan may include a new living environment, a chance to explore interests, or even a new career. **12 p.m. EST**

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

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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.

life
less complicated