Continuum
• EMPLOYEE ASSISTANCE
• TRAINING
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EMPLOYEE ASSISTANCE PROGRAM JAN. 2017

MIND YOUR MONEY

Ensuring your financial well-being

Financial worries are the most common source of stress globally, but few people have an understanding about how their money works. Becoming financially literate is the best way to avoid problems with credit and debt, and to save for big purchases or a comfortable retirement. Your Employee Assistance Program can assist you with a full selection of financial articles, tip sheets, financial calculators, and other tools to help you get the answers you need.

ONLINE SEMINAR

Maintaining Personal and Fiscal Resiliency During Tough Economic Times

Learn how to develop a “stress plan” to visualize a more positive financial future. Understand the process of prioritizing your needs and exploring the full extent of your assets.

Available on demand starting January 17

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Available anytime, any day, your Employee Assistance Program is a free, confidential program to help you balance your work, family and personal life.

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