## Money is Emotional

Prevent your heart from hijacking your wallet

Why do we do what we do with our money? Christine Luken's "Mindful Money Management" approach to personal finance is unique in that it harnesses the power of positive thoughts and emotions — and short circuits the negative ones. Participants will learn how to navigate emotional money situations with purpose and confidence.

## HELPNET WEBINAR AVAILABLE ON DEMAND STARTING NOVEMBER 1

To access Continuum's HelpNet, simply visit **4continuum.com** and complete the member login at the top of the page. From HelpNet's home page, click the featured webinar of the month.

Available when you need us, Continuum EAP is a free, confidential program to help you balance your work, family and personal life.



