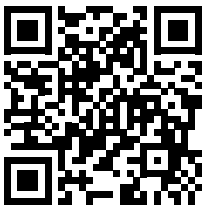




Balancing Your Financial and Emotional Wellbeing



Join the **live webinar** on March 13, 2024 at 11:00 a.m.
Scan the QR code now or visit eap.calhr.ca.gov
to register.

In this webinar, you will learn how to:

- Describe challenges like inflation, household expenses, debt and fluctuating income
- Understand the importance of both financial and emotional wellbeing
- Identify support resources, including the help of a professional

The webinar will be recorded and posted on your Employee Assistance Program website, eap.calhr.ca.gov. Go to Quick Links and click on Webinar Events to access the page with the recording.