

## Summer Wellness Series Week 4

### Financial and Occupational Wellness



#### **This Week we Explore:**

- Financial Wellness: How our finances and financial obligations affect our wellness.
- Occupational Wellness: How seeking opportunities based on your values, interests and beliefs can affect development, purpose and happiness.

#### **Looking to improve your financial wellness:**

- Give EAP a call - your EAP benefit includes up to three hours with a financial counselor to discuss budgeting and other financial needs - [Learn more here](#) [click]
- EAP has several webinars related to financial wellness on our website as well as additional resources - [Check them out here](#) [click]

Follow this link <https://eap.cfsbny.org/summer-wellness-series-2/> to find more information, activities and a guided audio.

