

YOUR EMPLOYEE ASSISTANCE PROGRAM

ONLINE SEMINAR

Managing or changing your financial habits can be difficult. In this session, we will explore how to have smart financial management and learn practical steps on getting out of financial ruts.

*(Typical seminar runtime: 20 minutes)*

LET US HELP

Visit your home page starting Tuesday 8/15:

WEBSITE: [www.eap.wa.gov/worklife](http://www.eap.wa.gov/worklife)

YOUR ORG CODE (to logon): <your Org Code>

TOLL FREE: 1-877-313-4455

ALWAYS AVAILABLE | FREE | CONFIDENTIAL

The letters "eap" are below a radiating sun which contains a person with upraised arms

**Digging Deep**

**AUGUST 2023**