

Financial Fitness

HOW TO LIVE LEAN

EMPLOYEE
SUPPORT
PROGRAM
FEB 2015



Financial fitness is like physical fitness; you need to commit to regular changes in your life and focus on attainable goals. Creating a budget, eliminating credit card debt, investing wisely, and saving for the future are all elements of a financial fitness plan. Your Employee Support Program is here to help with tools and resources to help you get financially fit.

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

WEBINAR

**Financial Fitness-Living
within a Realistic Budget
Feb 17th — 12 pm, 2 pm ET**

Living within a budget can seem restrictive, similar to being on a diet. Learn about common money mistakes as well as practical and realistic tips for living within a budget.

TOLL-FREE: **800-346-0110**
WEBSITE: **www.inova.org/eap**
USERNAME: **UMBCEAP**
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