

STAYING ON

TRACK

## Budgeting and personal finances

Budgeting can help you plan for short-term goals like dinner at a nice restaurant or longer-term ones like a vacation or buying a home. The best feature of any budget is the peace of mind it can provide you. Your Employee Assistance Program is available 24/7 with information on budgeting and ways to stay on track.

### ONLINE SEMINAR

#### Your Routine Financial Check-up

Examine your finances from a variety of perspectives, and review and prioritize all of your debts as you explore your assets.

**Available on demand starting March 20th:**

**VISIT:** [www.sandcreekeap.com](http://www.sandcreekeap.com)

**CLICK:** Work Life Wellness Login

**ENTER COMPANY ID:** \*Can be requested via website

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