To make learning less complicated, NYS-Balance provides online training through the monthly webinar series. Sessions cover a range of practical work and life topics.

REGISTER IN ADVANCE OR VIEW LATER ONLINE

For any webinar that you plan to attend, be sure to register in advance on the NYS-Balance website. To participate, you will need an Internet-connected PC and a phone. If the webinar is not scheduled during your break or lunch time, you can view it later online at your convenience.

Additional resources are available through your NYS Employee Assistance Program (EAP). For more information about EAP and other Work-Life Services benefits, please visit www.worklife.ny.gov.

Andrew M. Cuomo, Governor, State of New York

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