

“Basic Budgeting”

Carolinas HealthCare System Employee Assistance Program invites you to join us for a **free** seminar on **basic budgeting**.

Participants will learn:

- *ways to set reasonable financial goals.*
- *how to understand their current financial situations.*
- *effective budgeting methods and skills.*
- *tips for reducing household expenses.*

Carolinas HealthCare System Employee Assistance Program (CHS EAP) is designed to help you and members of your family with all types of issues-marital conflicts, job stress, emotional, alcohol and drug problems, and difficulties with children. Whatever the problem, if you need help call CHS EAP at
704-355-5021
or
800-384-1097.



Advance registration is required and space is limited so please call
704-355-5021
for reservations.

Presented by:

Carolinas HealthCare System



Employee Assistance Program

For your convenience this seminar will be held at multiple locations:

Monroe

CHS EAP Office
2202-D West Roosevelt Blvd.
January 10th, 2012
Noon - 1:00 pm

Charlotte

CHS EAP Office
720 East Boulevard
January 12th, 2012
Noon - 1:00 pm

Albemarle

Stanly Regional Medical Center
Family and Education Center
Magnolia B Room
January 18th, 2012
Noon - 1:00 pm

Concord

CMC NorthEast
Hamrick Theater
January 25th, 2012
Noon - 1:00 pm

Webinar (Via the Internet)

January 31st, 2012
Noon - 1:00 pm (EST)

Shelby

Cleveland Regional Medical Center
Auditorium
February 2nd, 2012
11:30 am - 12:30pm OR
12:45 pm - 1:45 pm