

**AUGUST 2023**  
**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.

To access the seminar, go to  
[www.inova.org/eap](http://www.inova.org/eap)

It will be available starting  
**August 15th**



YOUR EMPLOYEE ASSISTANCE PROGRAM

# Digging Deep

