



JANUARY 2024
ONLINE SEMINAR

Money Matters

Navigating Emotions for Financial Wellbeing

Discover how emotions can influence spending, trigger procrastination in challenging decisions and impact your long-term financial health.

USERNAME:
NIAGARA

PASSWORD:
COUNTY

**This seminar will be available starting
January 16th**

www.inova.org/eap

YOUR EMPLOYEE ASSISTANCE PROGRAM