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Available anytime, any day, your Employee Assistance Program is a free, confidential program providing in-the-moment and short-term counseling and resources.



JANUARY 2024

To access the online seminar, visit your home page starting January 16<sup>th</sup>.

- Click this link: <https://helpwhereyouare.com/CompanyLogin/1515/mercy>

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# Money Matters - Navigating Emotions for Financial Wellbeing

## ONLINE SEMINAR

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

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