

FINANCIAL FITNESS

STRETCHING YOUR DOLLARS

A SERIES SPONSORED BY EMPLOYEE ASSISTANCE,
WELLNESS@WORK AND HUMAN RESOURCES

FINANCIAL FIRE DRILL

- Assess your level of financial stress
- Develop personalized strategies to deal with it
- May include individual meetings with Dr. Petenbrink later



NOVEMBER 12
NOON
USU 309

NANCY A. PETENBRINK, Ph.D.
DIRECTOR – EMPLOYEE ASSISTANCE AND WELLNESS

Register at My Fresno State – click on Employee Self Service
then sign up in the Learning and Development section.

All sessions open to employees, family members and retirees
Please feel free to bring your lunch

www.csufresno.edu/eaw