

My Life Expert

With inflation driving up the cost of living, a significant percentage of Americans are living paycheck to paycheck. In this course, participants will learn concrete steps to stabilize and support their income, control spending, and plan for financial emergencies.

We'll share best practices for maximizing earning and saving opportunities, providing practical strategies you can apply to your own financial circumstances during these challenging times.

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Texas Health Employee
Assistance Program



HANDLING FINANCIAL STRESS



DATE

10/14/2026



TIME

12:30pm-1:30pm CST



REGISTER

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