



LifeWorks

Financial Resilience

Financial resilience is the ability to withstand life events that impact your finances -- a health problem, a divorce, maybe a downturn in the stock market. How financially resilient are you? Building your financial resilience not only helps you weather tough times. It also reduces money worries and helps you build a strong financial future. A professional LifeWorks consultant can work with you to develop strategies to increase your financial resilience. Get in touch with a consultant today.

You could also go online to:

- listen to a new podcast, [Building Your Financial Resilience](#), featuring Barbara O'Neill, Distinguished Professor and Specialist in Financial Resource Management at Rutgers Cooperative Extension. She shares steps to help increase your financial resiliency.
- read articles such as [Quick Tips to Reduce Your Debt](#), [Choosing a Financial Planner](#), and our new [Taking Charge of Your Money](#) infographic.
- join our monthly web discussion, [Making Ends Meet on a Tight Budget](#), on February 25th at 1pm EST (12pm CST, 11am MST, 10am PST)

Don't forget to sign up for our popular monthly newsletters. If you're not already a subscriber, [register here](#).

Call LifeWorks at 888-267-8126 anytime.

En español: 888-732-9020, TTY: 800-346-9188

You can also visit www.lifeworks.com

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