



*“How will what’s happening on Wall Street affect me and my family?”*

*“Should I be worried about my retirement?”*

*“What can I do to deal with my sky-rocketing mortgage payments?”*

*“Is there anything I can do to better make ends meet? There just never seems to be enough money for the bills.”*

## **Dealing with financial uncertainty and money worries? LifeWorks can help.**

The current crisis in the U.S. banking industry and the turbulence on Wall Street has many Americans worried about their financial future. Whether you’re wondering what effect the banking crisis will have on you and your family, struggling to balance your monthly budget, or worried about your 401K, get in touch with LifeWorks. A professional LifeWorks consultant can help you find the answers to all of your personal finance questions and help you handle the stress that comes with economic uncertainty. You can call anytime, day or night—it’s free and completely confidential. You can also visit LifeWorks Online at [www.lifeworks.com](http://www.lifeworks.com) to read or download articles, including

- *Coping With Uncertain Financial Times*
- *When Your Family Income Changes*
- *Ideas for Living Within Your Means*
- *The Subprime Mortgage Crisis: What Does It Mean?*
- *Dealing with the Possibility of Foreclosure on Your Home*
- *Resources for a Financial Emergency*
- *Three Money Traps to Avoid*
- *Managing Stress*
- *Couples and Money*
- *Quick Tips for Avoiding Debt When Money is Tight*
- and much more

You can also check out our online financial calculators, worksheets, easy-to-use checklists, and much more.

**Get the help you need to deal with economic uncertainty.**

**Call 888-267-8126 anytime to speak with a LifeWorks consultant. Or visit [www.lifeworks.com](http://www.lifeworks.com) to explore our other resources.**

**Para información sobre este programa en español, visite en-línea en [www.lifeworks.com](http://www.lifeworks.com) o llame al 888-732-9020.**