Western University, Sun Life, and LifeWorks want to help you achieve your goals. Below are some articles, tips, and tools.

**Webinar: Where there’s a will there’s a way**

A will protects your assets and your family. Yet about half of us don’t have a will or a power of attorney. Find out what happens when you die without a will, what a power of attorney is and why we need one, how to minimize taxes at death and much more.

**Join Sun Life for the next session available in 2022 - Register here**

Wednesday, March 2, 2022, 6 p.m. ET

**Article: 5 reasons to take a multi-generational trip**

Whether it’s a road trip to the Maritimes, a cruise on the Caribbean or a bucket-list trip to India, vacations can relax your mind and broaden your horizons. They can also bring your family closer together.

**Article: How to make your home safe for seniors or aging parents**

Seniors are at higher risk for illnesses and injuries – even at home. Here are some affordable ways to improve their living situation.

**LifeWorks provides assistance to all employees**

Life unfolds in unexpected ways. EAP has **Family Toolkits** (on Caregiving, Divorce, Relationships Changes, and Grief) to help you manage changing needs. Access the Toolkits by signing in to **LifeWorks**, selecting **Support & Resources**, then scrolling down to **Toolkits** and selecting **Family**.

**We’re here to help**

- Call us at **1-866-733-8612** | Monday to Friday | 8 a.m. to 8 p.m. ET
- Visit **mysunlife.ca/western** for tools, articles and videos. Sign in and select **Chat live now** to get live support.
- LifeWorks provides independent and confidential assistance to all Western employees and their eligible dependents at no cost to you. Personal counselling can be arranged by calling **1-844-880-9143**.
- Consider speaking with a financial advisor (registered as a Financial Security Advisor in Quebec) of your choice to get personalized advice about your plan.