Enjoy the December break and take care of yourself.

Western University, Sun Life and LifeWorks want to help you make the most of the December break and New Year. Check out our tips for staying **on top of your finances**.

**Article: How to cure a holiday debt hangover**
Has too much seasonal spending left you with an aching wallet? These tips will help ease the pain and prevent it from happening again.

**Video: Understanding the Value of your Western Pension Plan**
The Western Pension Plan provides an excellent opportunity to support your retirement savings. Watch this 10-minute on demand video to help you learn how to make the most of it!

**LifeWorks Program: Achieving Financial Wellbeing**
Through articles, videos, and exercises, this self-directed program lets you work at your own pace to learn good money management habits you can apply to your day-to-day life. To access the exercises, log in to LifeWorks and select **Achieving Financial Wellbeing**.

**Video Series: Binge watch yourself to financial savvy**
Whether you are participating in the pension plan or not, take a break from your favourite show and check out these short videos on various topics to improve your financial know-how for the year ahead.

We’re here to help
- Visit mysunlife.ca/western for tools, articles and videos. Sign in and select **Chat live now** to get live support. Or call us at **1-866-733-8612** | Monday to Friday | 8 a.m. to 8 p.m. ET
- 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**.
- Learn more about the Employee Assistance Program by visiting the EAP tab on your **Benefits page**.

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