

Financial Coaching

You are eligible to participate in a **FREE 30-Day Financial Coaching** program that will answer any financial questions or concerns you may have.



Get help analyzing and organizing your budget



Learn how to work with utilities and other services



Understand COBRA, insurance and your Flexible Spending Account (FSA)



Make sure you're on the right track for retirement

30 Days of One-on-One Financial Coaching Will Help You With...

(Financial Coaches do not sell products of any kind!)

- Getting Out of Debt
- Improving Your Credit Score
- Developing a Spending Plan
- Understanding 401(k), 403(b) or 457 Plan Reviews
- Understanding Home Buying/Refinancing Strategies
- And more!

**Contact Cascade EAP and ask
to speak with a Financial Coach**

call: 800-433-2320

text: 503-980-1777

www.cascadecenters.com



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