

## TMI

Find your way to the right resources

## **Information Overload**

Managing the enormous amount of information that is thrown at us is difficult. Understand what contributes to information overload and apply tips and tools for effectively managing information.

## **Available on Demand Starting September 19th**

Online seminars can be found on your home page, or you can search for them by title.

TOLL-FREE: 866-649-2392 COUNSELING: 607-763-6474

800-445-3569

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