



This 2026 monthly communication calendar highlights the 2026 well-being topics, webinars, and newsletter highlights for each month!

Stay up to date!

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2026 MONTHLY COMMUNICATION CALENDAR

Stay up to date with the latest in empowering information for emotional and physical well-being

JANUARY

Newsletter Focus: Food and Mood

1/1 Personal Advantage Webinar: *Budgeting Basics*

1/22 Skill-Building Webinar: *Meal Planning for Better Living*

FEBRUARY

Newsletter Focus: Health Equity and Social Justice

2/1 Personal Advantage Webinar: *Eat Your Way to Better Health*

MARCH

Newsletter Focus: Brain Health

3/1 Personal Advantage Webinar: *Do Your Bucket List*

3/19 Skill-Building Webinar: *Different Brains, Unique Strengths: Understanding Neurodiversity*

APRIL

Newsletter Focus: Mindful Movement

4/1 Personal Advantage Webinar: *Financial and Mental Health*

MAY

Newsletter Focus: Mental Health Month

5/1 Personal Advantage Webinar: *Minimizing Worry to Maximize Your Life*

5/21 Skill-Building Webinar: *So You Think You Can Chill? Mindfulness Made Simple*



Our monthly EAP newsletter highlights:

- Articles & Guides
- Featured Resources
- Webinars

We're here to help!
Learn more at
uprisehealth.com!



JUNE

Newsletter Focus: Health Advocacy

6/1 Personal Advantage Webinar: *Wellness Wisdom for Women*

JULY

Newsletter Focus: Health Literacy in a Digital World

7/1 Personal Advantage Webinar: *Downsizing Your Home and Belongings*

7/16 Skill-Building Webinar: *Raising Resilient Kids: Practical Strategies for Parents*

AUGUST

Newsletter Focus: Sleep Wellness

8/1 Personal Advantage Webinar: *College Scholarships: Where to Find Money for Your Education*

SEPTEMBER

Newsletter Focus: The Science of Hope

9/1 Personal Advantage Webinar: *Stress Better: Return to Work After an Absence*

9/17 Skill Building Webinar: *Stay Grounded: Managing Emotions in Tough Times*

OCTOBER

Newsletter Focus: Energy Management

10/1 Personal Advantage Webinar: *Saving Strategies*

NOVEMBER

Newsletter Focus: Community and Connection

11/1 Personal Advantage Webinar: *5 Strategies to Actually Enjoy the Holidays This Year*

11/19 Skill Building Webinar: *Building Respect: Creating a Professional Workplace*

DECEMBER

Newsletter Focus: Purpose and Meaning

12/1 Personal Advantage Webinar: *Finding Harmony Being a Parent and a Professional*