



This 2024 monthly communication calendar highlights the 2024 wellbeing topics, webinars, and newsletter highlights for each month!

Stay up to date!

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20 MONTHLY COMMUNICATION 24 CALENDAR

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

JANUARY

Newsletter Focus: Healthy Start in 2024

1/1 **Personal Advantage Webinar:** *Staying Healthy as You Age*

1/18 **Skill-Building Webinar:** *New Year, Healthier You*

FEBRUARY

Newsletter Focus: Heart Health Awareness

2/1 **Personal Advantage Webinar:** *Painless Estate Planning*

MARCH

Newsletter Focus: Happiness, Mindfulness and Balance

3/1 **Personal Advantage Webinar:** *Bullying: Awareness and Effective Response*

3/21 **Skill-Building Webinar:** *Rediscovering Joy: A Blueprint for Busy Adults*

APRIL

Newsletter Focus: Healthy Living

4/1 **Personal Advantage Webinar:** *Helping You and Your Child Adjust to Divorce*

MAY

Newsletter Focus: Mental Health Matters

5/1 **Personal Advantage Webinar:** *Living with Loss One Day at a Time, at Home and at Work*

5/16 **Skill-Building Webinar:** *Prioritizing You: Unveiling the Power of Self-care*

The monthly Uprise Health EAP newsletter highlights:

- Articles & Guides
- Featured Resources
- Webinars

We're here to help!

Learn more at uprisehealth.com!



JUNE

Newsletter Focus: Promoting Inclusivity

- 6/1 **Personal Advantage Webinar:** *Procrastination: Getting and Staying Motivated*

JULY

Newsletter Focus: Safe and Healthy Summer

- 7/1 **Personal Advantage Webinar:** Household and Individual Budgeting
- 7/18 **Skill-Building Webinar:** *Finding Your Balance: Practical Tips for Work and Life Harmony*

AUGUST

Newsletter Focus: Back to School

- 8/1 **Personal Advantage Webinar:** *Did You Hear Me? Active Listening as a Key to Success*

SEPTEMBER

Newsletter Focus: Healthy Aging

- 9/1 **Personal Advantage Webinar:** *Putting Out The Fire: Preventing and Managing Burnout*
- 9/19 **Skill Building Webinar:** *The Challenges of Multi-Generational Caregivers*

OCTOBER

Newsletter Focus: Mental Health Stigmas

- 10/1 **Personal Advantage Webinar:** *Investing 101*

NOVEMBER

Newsletter Focus: Spotlight on Chronic Conditions

- 11/1 **Personal Advantage Webinar:** *Practicing Gratitude to Boost Your Happiness*
- 11/21 **Skill Building Webinar:** *Unlocking the Link Between Emotions and Physical Health*

DECEMBER

Newsletter Focus: The Holidays!

- 12/1 **Personal Advantage Webinar:** *Strategies for Stress Relief*