# 2022 LifeMatters® Promotional Calendar

<table>
<thead>
<tr>
<th>Month</th>
<th>ELECTRONIC AND QUARTERLY PROMOTIONS*</th>
<th>THE ADVISOR* (HR/MANAGER NEWSLETTER)</th>
<th>LIFEMATTERS WEBINARS</th>
<th>MANAGEMENT WEBINARS</th>
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| January | ▶ Responding With Empathy After a Loss  
▶ Meditation | | ▶ Clutter Busters | |
| February | ▶ Relationship Stress  
▶ Compassion Fatigue  
▶ Financial Content | ▶ Preventing Misunderstandings | ▶ Ten Ways to Relieve Stress | ▶ Approaching Difficult Conversations |
| March | ▶ Resilience  
▶ Walking for Exercise | | ▶ Caregiving From Afar | |
| April | ▶ Allergies  
▶ Alcohol Awareness | | ▶ Mind-Body Wellness | |
| May | ▶ Change and Uncertainty  
▶ Children and Divorce  
▶ Financial Content | ▶ Change and Uncertainty | ▶ A Holistic Approach to Health | ▶ Time Management Skills |
| June | ▶ Budget Vacation  
▶ Sleep Habits | | ▶ Creating an Inclusive Environment | |
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| July   | ▶ Using Downtime Wisely  
▶ Preparing for a Crisis or Disaster | | ▶ Overcoming Indecision | |
| August | ▶ Positive Attitude  
▶ Returning to School  
▶ Financial Content | ▶ Difficult Conversations | ▶ Keeping Your Brain Healthy | ▶ Bringing Out the Best in Others |
| September | ▶ Suicide Prevention  
▶ Pet Sitters | | | |
| October | ▶ Domestic Violence  
▶ Post-Traumatic Stress Disorder (PTSD) | | ▶ The Stress-Sleep Correlation | |
| November | ▶ Aging Parents  
▶ Flu Season  
▶ Financial Content | ▶ Workplace Stress | ▶ Maximizing Your Day | ▶ Developing Rapport |
| December | ▶ Connecting With Family Over the Holidays  
▶ Grief | | ▶ Quality Time for a Busy Family | |

*Topics subject to change. ©2021 Empathia, Inc.