# 2024 LifeMatters Promotional Calendar

﻿﻿January

Electronic and Quarterly Promotions

* Supporting Others in a Time of Need
* Becoming a Savvy News Consumer

LifeMatters Webinars

* Energy Management

February

Electronic and Quarterly Promotions

* Forming Healthy Habits
* Building Relationships
* Financial Content

The Advisor (HR/Manager Newsletter)

* Problem Solving

LifeMatters Webinars

* Communication Between Generations

Management Webinars

* Motivating Yourself

﻿﻿March

Electronic and Quarterly Promotions

* Allergies
* Managing Anxiety

LifeMatters Webinars

* Aging in Place: Strategies to Keep Older Adults Independent

﻿﻿April

Electronic and Quarterly Promotions

* Alcohol/Drug Awareness
* Shopping Mistakes

LifeMatters Webinars

* Going Green

May

Electronic and Quarterly Promotions

* Exercise for Mental Health
* Stress and Resilience
* Financial Content

The Advisor (HR/Manager Newsletter)

* Mental Health at Work

LifeMatters Webinars

* Overcoming Loneliness

Management Webinars

* Empathy

﻿﻿June

Electronic and Quarterly Promotions

* Safety Month
* Moving

LifeMatters Webinars

* Succeeding Through Kindness

﻿﻿July

Electronic and Quarterly Promotions

* Avoiding Scams
* Parenting

LifeMatters Webinars

* Internet Safety

August

Electronic and Quarterly Promotions

* Retirement Planning
* Kids and Bullying
* Financial Content

The Advisor (HR/Manager Newsletter)

* Communication

LifeMatters Webinars

* Rebuilding After a Financial Crisis

Management Webinars

* Providing Support When You Suspect Abuse

September

Electronic and Quarterly Promotions

* Suicide Prevention
* Mindfulness/Meditation

LifeMatters Webinars

* The Successful Stepfamily

October

Electronic and Quarterly Promotions

* Election Stress
* Flu Season

LifeMatters Webinars

* Breaking Out of a Rut

November

Electronic and Quarterly Promotions

* Caregiver Stress
* Quitting Smoking
* Financial Content

The Advisor (HR/Manager Newsletter)

* Grief in the Workplace

LifeMatters Webinars

* Building Your Frustration Tolerance

Management Webinars

* How to Deal with Bad Attitudes

December

Electronic and Quarterly Promotions

* Family Conflicts
* Holiday Spending

LifeMatters Webinars

* Resolving Conflict at Work

Electronic and Quarterly Promotions and The Advisor topics both subject to change.

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