

2024 LifeMatters® Promotional Calendar

	ELECTRONIC AND QUARTERLY PROMOTIONS*	THE ADVISOR* (HR/MANAGER NEWSLETTER)	LIFEMATTERS WEBINARS	MANAGEMENT WEBINARS
January	<ul style="list-style-type: none"> ▶ Supporting Others in a Time of Need ▶ Becoming a Savvy News Consumer 		<ul style="list-style-type: none"> ▶ Energy Management 	
February	<ul style="list-style-type: none"> ▶ Forming Healthy Habits ▶ Building Relationships ▶ Financial Content 	<ul style="list-style-type: none"> ▶ Problem Solving 	<ul style="list-style-type: none"> ▶ Communication Between Generations 	<ul style="list-style-type: none"> ▶ Motivating Yourself!
March	<ul style="list-style-type: none"> ▶ Allergies ▶ Managing Anxiety 		<ul style="list-style-type: none"> ▶ Aging in Place: Strategies to Keep Older Adults Independent 	
April	<ul style="list-style-type: none"> ▶ Alcohol/Drug Awareness ▶ Shopping Mistakes 		<ul style="list-style-type: none"> ▶ Going Green 	
May	<ul style="list-style-type: none"> ▶ Exercise for Mental Health ▶ Stress and Resilience ▶ Financial Content 	<ul style="list-style-type: none"> ▶ Mental Health at Work 	<ul style="list-style-type: none"> ▶ Overcoming Loneliness 	<ul style="list-style-type: none"> ▶ Empathy
June	<ul style="list-style-type: none"> ▶ Safety Month ▶ Moving 		<ul style="list-style-type: none"> ▶ Succeeding Through Kindness 	



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July	<ul style="list-style-type: none"> ▶ Avoiding Scams ▶ Parenting 		<ul style="list-style-type: none"> ▶ Internet Safety 	
August	<ul style="list-style-type: none"> ▶ Retirement Planning ▶ Kids and Bullying ▶ Financial Content 	<ul style="list-style-type: none"> ▶ Communication 	<ul style="list-style-type: none"> ▶ Rebuilding After a Financial Crisis 	<ul style="list-style-type: none"> ▶ Providing Support When You Suspect Abuse
September	<ul style="list-style-type: none"> ▶ Suicide Prevention ▶ Mindfulness/Meditation 		<ul style="list-style-type: none"> ▶ The Successful Stepfamily 	
October	<ul style="list-style-type: none"> ▶ Election Stress ▶ Flu Season 		<ul style="list-style-type: none"> ▶ Breaking Out of a Rut 	
November	<ul style="list-style-type: none"> ▶ Caregiver Stress ▶ Quitting Smoking ▶ Financial Content 	<ul style="list-style-type: none"> ▶ Grief in the Workplace 	<ul style="list-style-type: none"> ▶ Building Your Frustration Tolerance 	<ul style="list-style-type: none"> ▶ How to Deal with Bad Attitudes
December	<ul style="list-style-type: none"> ▶ Family Conflicts ▶ Holiday Spending 		<ul style="list-style-type: none"> ▶ Resolving Conflict at Work 	

*Topics subject to change.

