# 2023 LifeMatters Promotional Calendar

﻿﻿January

Electronic and Quarterly Promotions

* Setting Goals
* Communication Tips for Parents

LifeMatters Webinars

* Critical Thinking

February

Electronic and Quarterly Promotions

* Low-Cost Meals
* Think Positive
* Financial Content

The Advisor (HR/Manager Newsletter)

* Defining Team Roles

LifeMatters Webinars

* Anxiety vs. Stress: Which One is It?

Management Webinars

* Improving the Quality of Your Life

﻿﻿March

Electronic and Quarterly Promotions

* Self-Care
* Chronic Pain

LifeMatters Webinars

* Elderly Housing Options

﻿﻿April

Electronic and Quarterly Promotions

* Walking for Exercise
* Substance Abuse

LifeMatters Webinars

* Emotional Eating

May

Electronic and Quarterly Promotions

* Work/Life Balance
* Emotional Wellbeing
* Financial Content

The Advisor (HR/Manager Newsletter)

* De-Escalating Conflict

LifeMatters Webinars

* Coping with Grief and Loss

Management Webinars

* Business Etiquette

﻿﻿June

Electronic and Quarterly Promotions

* Vacationing on a Budget
* Being an LGBTQ+ Ally

LifeMatters Webinars

* The Best Summer Ever!

﻿﻿July

Electronic and Quarterly Promotions

* Relaxation
* Gambling Awareness

LifeMatters Webinars

* Improving Concentration

August

Electronic and Quarterly Promotions

* Time Management
* Back-to-School Shopping
* Financial Content

The Advisor (HR/Manager Newsletter)

* Harassment

LifeMatters Webinars

* Becoming Your Own Advocate

Management Webinars

* Communication Between Generations

September

Electronic and Quarterly Promotions

* Helping Someone Who is Struggling
* Social Media Savvy

LifeMatters Webinars

* Discipline and Parenting

October

Electronic and Quarterly Promotions

* Anxiety
* Adopting a Pet

LifeMatters Webinars

* How to Deal with Depression in Your Family

November

Electronic and Quarterly Promotions

* Kindness
* Flu Season
* Financial Content

The Advisor (HR/Manager Newsletter)

* Empathy in the Workplace

LifeMatters Webinars

* Mindfulness

Management Webinars

* Win-Win Negotiating

December

Electronic and Quarterly Promotions

* Gratitude
* Managing Change

LifeMatters Webinars

* Handling Disagreements at Work

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

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