

2019 LifeMatters® PROMOTIONS

	ELECTRONIC PROMOTIONS*	QUARTERLY PROMOTIONS*	LifeMatters® WEBINARS	WORKLIFE WEBINARS	MANAGEMENT WEBINARS
January	<ul style="list-style-type: none"> – Healthy Changes – Improving Life Balance 			Paying Off Your Student Loans	
February		<ul style="list-style-type: none"> – Civil Behavior – Healthy Eating – Setting Goals 	Understanding Suicide: Being a Support to Others	Communicating with Your Adolescent	Understanding Suicide: Breaking Down Barriers
March	<ul style="list-style-type: none"> – Walking Workout – Assertiveness 			Preventing Employee Harassment	
April	<ul style="list-style-type: none"> – Depression/Suicide Awareness – Alcohol and Drug Abuse 			Emotional Intelligence for Life	
May		<ul style="list-style-type: none"> – Wellness – Declutter Your Life – Interpersonal Relationships 	Resolving Conflict with a Co-Worker	Navigating Personal Challenges	Preparing for Difficult Conversations
June	<ul style="list-style-type: none"> – Volunteering – Summer Activities for Children 			Communication Across Generations	

* Topics subject to change.

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July	<ul style="list-style-type: none"> – Learning to Forgive – The Health Benefits of a Pet 			Maximizing Your Strengths	
August		<ul style="list-style-type: none"> – Gossip – Mind-Body Health – Staying Motivated 	Healthy Lifestyle: Keeping it Simple	Dealing with Difficult Co-Workers	What is My Role in Addressing Sexual Harassment?
September	<ul style="list-style-type: none"> – Parenting Teens – Diabetes 			Mindful Eating	
October	<ul style="list-style-type: none"> – Flu Season – Breast Cancer Awareness 			Talking to Children About Scary Events	
November		<ul style="list-style-type: none"> – Peer to Manager – Managing Change – Workplace 	Positive Thinking: Releasing Negative Thoughts	Care for Caregivers	Helping Employees Adapt to the “New Normal”
December	<ul style="list-style-type: none"> – Healthy Holidays – Thankfulness 			Navigating Change Personally and Professionally	

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Complete