

LifeMatters® 2018 PROMOTIONS

	ELECTRONIC PROMOTIONS*	QUARTERLY PROMOTIONS*	LifeMatters® WEBINARS	WORKLIFE WEBINARS	MANAGEMENT WEBINARS
January	<ul style="list-style-type: none"> – Resolutions – Eye Strain 			Communicating Effectively	
February		<ul style="list-style-type: none"> – Workplace Violence – Nutrition – Excelling at Work 	Fundamentals of Mindfulness	<ul style="list-style-type: none"> - Elder Care Options - What to Look Out For as Our Loved Ones Age 	Managing Your Emotions in the Workplace
March	<ul style="list-style-type: none"> – Personal Safety – Colorectal Cancer 			Substance Abuse and Your Loved Ones	
April	<ul style="list-style-type: none"> – Opioid Awareness – Avoiding Gossip at Work 			Quality Time for the Time-Pressed Family	
May		<ul style="list-style-type: none"> – Alcohol/Drugs – Parenting – Stress Management 	Looking Forward: Breaking Free from Routine	Working with Millennials	Creating the Respect in the Workplace
June	<ul style="list-style-type: none"> – Summer Safety – Men’s Health 			<ul style="list-style-type: none"> - Creating a Healthy Lifestyle - Taking Care of Your Skin 	

* Topics subject to change.

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July	<ul style="list-style-type: none"> – Exercise for Health – Social Media Smarts 			Identity Theft Protection and Self-Help	
August		<ul style="list-style-type: none"> – Change at Work – Mindfulness – Challenging Relationships 	On-the-Job Effectiveness	Bullying	Shifting from Employee to Manager
September	<ul style="list-style-type: none"> – Teen Suicide – Reducing Your Cancer Risk 			The Many Faces of Mental Health	
October	<ul style="list-style-type: none"> – Mental Health – Flu Season 			Healthy Aging	
November		<ul style="list-style-type: none"> – Remote Workers – Elder Care – Conflict at Work 	Be Thankful! Appreciate Your Co-Workers	Family and Personal Budgeting	Inspiring Employees to Give Their Best
December	<ul style="list-style-type: none"> – Holidays – Loneliness 			Turning the Table on Bad Habits	

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Complete