

This 2024 monthly communication calendar highlights the 2024 well-being topics, webinars, and newsletter highlights for each month!

Stay up to date!

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20 MONTHLY 24 COMMUNICATION CALENDAR

Stay up to date with the latest in empowering information for emotional and physical well-being

JANUARY

Newsletter Focus: Healthy Start in 2024

1/1 **Personal Advantage Webinar:** *Staying Healthy as You Age*

1/18 **Skill-Building Webinar:** *New Year, Healthier You*

FEBRUARY

Newsletter Focus: Heart Health Awareness

2/1 **Personal Advantage Webinar:** *Painless Estate Planning*

MARCH

Newsletter Focus: Happiness, Mindfulness and Balance

3/1 **Personal Advantage Webinar:** *Bullying: Awareness and Effective Response*

3/21 **Skill-Building Webinar:** *Rediscovering Joy: A Blueprint for Busy Adults*

APRIL

Newsletter Focus: Healthy Living

4/1 **Personal Advantage Webinar:** *Helping You and Your Child Adjust to Divorce*

MAY

Newsletter Focus: Mental Health Matters

5/1 **Personal Advantage Webinar:** *Living with Loss One Day at a Time, at Home and at Work*

5/16 **Skill-Building Webinar:** *Prioritizing You: Unveiling the Power of Self-care*



The monthly Uprise Health EAP newsletter highlights:

- Articles & Guides
- Featured Resources
- Webinars

We're here to help!

Learn more at
uprisehealth.com!



JUNE

Newsletter Focus: Promoting Inclusivity

6/1

Personal Advantage Webinar: *Procrastination: Getting and Staying Motivated*

JULY

Newsletter Focus: Safe and Healthy Summer

7/1

Personal Advantage Webinar: *Household and Individual Budgeting*

7/18

Skill-Building Webinar: *Finding Your Balance: Practical Tips for Work and Life Harmony*

AUGUST

Newsletter Focus: Back to School

8/1

Personal Advantage Webinar: *Did You Hear Me? Active Listening as a Key to Success*

SEPTEMBER

Newsletter Focus: Healthy Aging

9/1

Personal Advantage Webinar: *Putting Out The Fire: Preventing and Managing Burnout*

9/19

Skill Building Webinar: *The Challenges of Multi-Generational Caregivers*

OCTOBER

Newsletter Focus: Mental Health Stigmas

10/1

Personal Advantage Webinar: *Investing 101*

NOVEMBER

Newsletter Focus: Spotlight on Chronic Conditions

11/1

Personal Advantage Webinar: *Practicing Gratitude to Boost Your Happiness*

11/21

Skill Building Webinar: *Unlocking the Link Between Emotions and Physical Health*

DECEMBER

Newsletter Focus: The Holidays!

12/1

Personal Advantage Webinar: *Strategies for Stress Relief*