

2023 LifeMatters® Promotional Calendar

	ELECTRONIC AND QUARTERLY PROMOTIONS*	THE ADVISOR* (HR/MANAGER NEWSLETTER)	LIFEMATTERS WEBINARS	MANAGEMENT WEBINARS
January	<ul style="list-style-type: none"> ▶ Setting Goals ▶ Communication Tips for Parents 		<ul style="list-style-type: none"> ▶ Critical Thinking 	
February	<ul style="list-style-type: none"> ▶ Low-Cost Meals ▶ Think Positive ▶ Financial Content 	<ul style="list-style-type: none"> ▶ Defining Team Roles 	<ul style="list-style-type: none"> ▶ Anxiety vs. Stress: Which One is It? 	<ul style="list-style-type: none"> ▶ Improving the Quality of Your Life
March	<ul style="list-style-type: none"> ▶ Self-Care ▶ Chronic Pain 		<ul style="list-style-type: none"> ▶ Elderly Housing Options 	
April	<ul style="list-style-type: none"> ▶ Walking for Exercise ▶ Substance Abuse 		<ul style="list-style-type: none"> ▶ Emotional Eating 	
May	<ul style="list-style-type: none"> ▶ Work/Life Balance ▶ Emotional Wellbeing ▶ Financial Content 	<ul style="list-style-type: none"> ▶ De-Escalating Conflict 	<ul style="list-style-type: none"> ▶ Coping with Grief and Loss 	<ul style="list-style-type: none"> ▶ Business Etiquette
June	<ul style="list-style-type: none"> ▶ Vacationing on a Budget ▶ Being an LGBTQ+ Ally 		<ul style="list-style-type: none"> ▶ The Best Summer Ever! 	



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July	<ul style="list-style-type: none"> ▶ Relaxation ▶ Gambling Awareness 		<ul style="list-style-type: none"> ▶ Improving Concentration 	
August	<ul style="list-style-type: none"> ▶ Time Management ▶ Back-to-School Shopping ▶ Financial Content 	<ul style="list-style-type: none"> ▶ Harassment 	<ul style="list-style-type: none"> ▶ Becoming Your Own Advocate 	<ul style="list-style-type: none"> ▶ Communication Between Generations
September	<ul style="list-style-type: none"> ▶ Helping Someone Who is Struggling ▶ Social Media Savvy 		<ul style="list-style-type: none"> ▶ Discipline and Parenting 	
October	<ul style="list-style-type: none"> ▶ Anxiety ▶ Adopting a Pet 		<ul style="list-style-type: none"> ▶ How to Deal with Depression in Your Family 	
November	<ul style="list-style-type: none"> ▶ Kindness ▶ Flu Season ▶ Financial Content 	<ul style="list-style-type: none"> ▶ Empathy in the Workplace 	<ul style="list-style-type: none"> ▶ Mindfulness 	<ul style="list-style-type: none"> ▶ Win-Win Negotiating
December	<ul style="list-style-type: none"> ▶ Gratitude ▶ Managing Change 		<ul style="list-style-type: none"> ▶ Handling Disagreements at Work 	

*Topics subject to change.

