## LifeMatters® 2020 Promotional Calendar

<table>
<thead>
<tr>
<th>MONTH</th>
<th>ELECTRONIC AND QUARTERLY PROMOTIONS*</th>
<th>LIFEMATTERS WEBINARS</th>
<th>WORKLIFE WEBINARS</th>
<th>MANAGEMENT WEBINARS</th>
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| January | 🔄 Finding Contentment  
             🔄 Online Safety | 🔄 Finding Peace in the Chaos | 🔄 Enhancing Your Personal Safety |                     |
| February| 🔄 Stressful Situations  
             🔄 Healthy Sleep Habits  
             🔄 The Power of You | 🔄 Taking the High Road: Kindness and Civility | 🔄 Making Good Decisions Under Pressure |                     |
| March   | 🔄 Staying Healthy  
             🔄 Managing Anger at Work | 🔄 Taking the High Road: Kindness and Civility | 🔄 Strategies to Manage Frustration and Anger |                     |
| April   | 🔄 Mental Health Awareness  
             🔄 Alcohol and Drug Abuse | 🔄 Helping Children Cope with Grief and Loss | 🔄 Fundamentals of Mental Health |                     |
| May     | 🔄 Self-Care for Managers  
             🔄 Embracing Challenges  
             🔄 Respect in the Workplace | 🔄 Helping Children Cope with Grief and Loss | 🔄 Key Conversations |                     |
| June    | 🔄 Work-Friendly Stretches  
             🔄 Summer Fun | 🔄 The Importance of an LGBTQIA+ Inclusive Workplace |                     |                     |
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| July    | Healthy Summer Eating  
Emotional Preparation for Retirement                                                                                 |                       | Managing Chronic Pain                                                             |                     |
| August  | Communication  
Motivation  
Social Connectedness                                                                                         | Chronic Illness and Stress | Combating Perfectionism                                                          | Embracing Mistakes to Foster Growth |
| September | Parent’s Guide to Bullying  
Letting Go of Stress                                                                                     |                       | Coping with Loss in Life                                                           |                     |
| October | Depression  
Domestic Violence Awareness                                                                                      |                       | Organization for Life                                                             |                     |
| November | Harassment at Work  
Flu Season  
Caring for the Caregiver                                                                                   | Get Motivated!         | Waving Worry Goodbye: Strategies to Manage Anxiety                                 | Leading with Generosity |
| December | Healthy Holidays  
Time Management                                                                                          |                       | Embracing You: The Power of Acceptance                                              |                     |

*Topics subject to change. ©2019 Empathia, Inc.