

2021 PROMOTIONAL CALENDAR



	WORKSITE POSTER	MONTHLY THEME & FLYER	MONTHLY SEMINAR <small>(Available Online on the First Day of Every Month)</small>	NEWSLETTER	MOBILE PUSH MESSAGING TOPIC
JAN	Balance	Burnout	<b>Recognizing Burnout:</b> Know the Effects and How to Prevent		Mindfulness Toolkit
FEB		Change	<b>Navigating Disruption:</b> How to Deal with Constant Change	LinLine for Employees and Supervisors	Financial Calculators
MAR		Sleep Fitness	<b>Sleep Basics:</b> The ABCs of Getting Some Zzzz's		Sleep Fitness Toolkit
APR	Resilience	Addictive Behaviors	<b>Addressing Addiction:</b> Recognizing Signs of Trouble		Resilience Toolkit
MAY		Emotional Fitness	<b>Building Better Mental Health:</b> Tips to Restore Your Peace of Mind	LinLine for Employees and Supervisors	Mental Health First Aid Toolkit
JUN		Diversity	<b>Healthy Discussions About Race:</b> Appreciating Differences		Textcoach™
JUL	Relationship	Caregivers	<b>Caregiver Stress:</b> When Life Becomes Work		Dependent Care
AUG		Back to School	<b>Preparing Kids for School:</b> From Kindergarten to College	LinLine for Employees and Supervisors	Savings Center
SEP		Communication	<b>Effective Communication:</b> Attitude is Everything		Meditation Toolkit
OCT	Wellbeing	Seasonal Affective Disorder	<b>Understanding SAD:</b> It's More Than Just the Blues		Wellbeing Place Blog
NOV		Holiday	<b>Coping with the Holiday:</b> Tips for a Successful Season	LinLine for Employees and Supervisors	Holiday Toolkit
DEC		Healthy Habits	<b>New Beginnings:</b> Committing to a Fresh Start		GlobalFit