

# 2024 Calendar

|     | THEME                   | ONLINE SEMINAR  | DESCRIPTION<br>Seminars can be found on your home page, or you can search for them by title.  |
|-----|-------------------------|---|---|
| JAN | Money and Emotion       | <a href="#">Money Matters - Navigating Emotions for Financial Wellbeing</a><br>Available on Demand Starting <b>Jan 16</b> | Discover how emotions can influence spending, trigger procrastination in challenging decisions, and impact your long-term financial health.       |
| FEB | Be an Influencer        | <a href="#">Positive Impact - Become the Influence</a><br>Available on Demand Starting <b>Feb 20</b>                      | Learn the art of being a positive influencer and how to inspire those around you, whether at work, at home, or in community.                      |
| MAR | Bonding with Pets       | <a href="#">Best (Furry) Friends</a><br>Available on Demand Starting <b>Mar 19</b>  | Explore the impact of pets on your life and how the presence of a pet can enhance your mental and emotional wellbeing.                            |
| APR | Food for Thought        | <a href="#">Food for Thought</a><br>Available on Demand Starting <b>Apr 16</b>  | Explore the connection between your plate and your physical health and how eating mindfully can nurture your mental wellbeing.                    |
| MAY | Emotional Health        | <a href="#">Balancing Act - Strategies for Mental Health</a><br>Available on Demand Starting <b>May 21</b>                | Explore effective strategies that can help you nurture and enhance your mental health.  |
| JUN | Feeling Fulfilled       | <a href="#">Living Well 365 - Igniting Motivation for a Fulfilling Life</a><br>Available on Demand Starting <b>Jun 18</b> | Explore strategies for self-care to improve physical health, nurture mental wellbeing, foster positive relationships, and adopt healthy habits.   |
| JUL | Teenager in the House   | <a href="#">Parenting Adolescents: Understanding Gen Z in Your Home</a><br>Available on Demand Starting <b>Jul 16</b>     | Equip parents and caregivers with insights and practical strategies to navigate the unique challenges and opportunities with teenage children.    |
| AUG | Recognition             | <a href="#">Harnessing Positive Reinforcement for Success</a><br>Available on Demand Starting <b>Aug 20</b>               | Discover how recognition can inspire motivation, reinforce desired behaviors, and strengthen bonds in personal and professional spheres.          |
| SEP | Getting Creative        | <a href="#">Crafting Joy: Finding Fulfillment in Creative Pursuits</a><br>Available on Demand Starting <b>Sep 17</b>      | Discover the art of trying new things, from exploring uncharted territories to diving into fresh hobbies that ignite your passion.                |
| OCT | Aging Parents           | <a href="#">Aging Parents, Renewed Connections</a><br>Available on Demand Starting <b>Oct 15</b>                          | Transitions of aging can sometimes be challenging, yet they also offer unique opportunities to deepen our relationships and rekindle connections. |
| NOV | Humor and Relationships | <a href="#">Laughter Helps</a><br>Available on Demand Starting <b>Nov 19</b>  | Discover how a good laugh can boost your mood, strengthen relationships, and unlock a wealth of other benefits in this session.                   |
| DEC | Tools for Life          | <a href="#">Toolbox Talks</a><br>Available on Demand Starting <b>Dec 17</b>   | Take inventory of the different tools you have in your figurative toolbox and look at things differently.   |

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