



2012 Promotional Calendar

1st Quarter: Think, Do, Become

January — Think

Featured Webinar: Who loves ya? Becoming your own best friend
Monthly Awareness: Safety around the house

February — Do

Featured Webinar: Caregiving: The personal price, challenges and reward
Monthly Awareness: Dental health for children

March — Become

Featured Webinar: What's your EQ? Tips on becoming emotionally intelligent
Monthly Awareness: Timely health screenings

2nd Quarter: Work, Play, Live

April — Work

Featured Webinar: On time: Being punctual, prepared and productive
Monthly Awareness: The facts about caffeine

May — Play

Featured Webinar: Are we having fun yet? Putting play into daily life
Monthly Awareness: Dealing with hearing loss

June — Live

Featured Webinar: Retirement: What does it mean to you?
Monthly Awareness: Immunizing your kids

3rd Quarter: Relax, Relate, Renew

July — Relax

Featured Webinar: 20 minutes to relaxation: A stress reduction experience
Monthly Awareness: Disabilities etiquette

August — Relate

Featured Webinar: When the going gets tough: Keeping relationships strong in hard times
Monthly Awareness: What are phobias

September — Renew

Featured Webinar: Taking your zzzzz's seriously
Monthly Awareness: Heart-healthy living

4th Quarter: Learn, Grow, Change

October — Learn

Featured Webinar: Raising confident kids: Tips for parents
Monthly Awareness: Kids and food allergies

November — Grow

Featured Webinar: Penny-wise: Everyday budgeting and saving
Monthly Awareness: Boning up on osteoporosis

December — Change

Featured Webinar: Love, loss and what you can learn
Monthly Awareness: Hypertension facts and factors