



This 2025 monthly communication calendar highlights the 2025 well-being topics, webinars, and newsletter highlights for each month!

Stay up to date!

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2025 MONTHLY COMMUNICATION CALENDAR

Stay up to date with the latest in empowering information for emotional and physical well-being

JANUARY

Newsletter Focus: New Beginnings

- 1/1 **Personal Advantage Webinar:** *Identity Theft: What Can You Do About It?*
- 1/16 **Skill-Building Webinar:** *New Beginnings: Setting the Stage for Personal Growth*

FEBRUARY

Newsletter Focus: Love & Connection

- 2/1 **Personal Advantage Webinar:** *Understanding Neurodiversity*

MARCH

Newsletter Focus: Financial Wellness

- 3/1 **Personal Advantage Webinar:** *Developing Critical Thinking Skills*
- 3/20 **Skill-Building Webinar:** *Empowering Your Financial Wellness*

APRIL

Newsletter Focus: Digital Detox

- 4/1 **Personal Advantage Webinar:** *The Latest in Sleep Science*

MAY

Newsletter Focus: Prioritizing Mental Health

- 5/1 **Personal Advantage Webinar:** *Fostering an LGBTQIA+ Inclusive Workplace*
- 5/15 **Skill-Building Webinar:** *Journey toward Happiness*



The monthly
Uprise Health EAP
newsletter highlights:

- Articles & Guides
- Featured Resources
- Webinars

We're here to help!

Learn more at
uprisehealth.com!

JUNE

Newsletter Focus: Outdoor Adventures

6/1

Personal Advantage Webinar: *From Conflict to Collaboration: Navigating Workplace Interpersonal Challenges*

JULY

Newsletter Focus: Wellness at Work

7/1

Personal Advantage Webinar: Social Media for Parents

7/17

Skill-Building Webinar: *From Conflict to Collaboration: Navigating Workplace Interpersonal Challenges*

AUGUST

Newsletter Focus: Personal Development

8/1

Personal Advantage Webinar: *Facing Change: Fostering Resilience in the Workplace*

SEPTEMBER

Newsletter Focus: Resilience & Adaptability

9/1

Personal Advantage Webinar: *Finding Harmony: Being a Parent and a Professional*

9/18

Skill Building Webinar: *Facing Change: Fostering Resilience in the Workplace*

OCTOBER

Newsletter Focus: Creativity & Innovation

10/1

Personal Advantage Webinar: *Your Elder Loved One's Desire: Live Independently*

NOVEMBER

Newsletter Focus: Healthy Habits

11/1

Personal Advantage Webinar: *Mindful Eating*

11/20

Skill Building Webinar: *Bucket List Brilliance: Practical Tips to Accomplish Your Goals*

DECEMBER

Newsletter Focus: Choosing Joy

12/1

Personal Advantage Webinar: *Family Ties*