

# 2024 Calendar

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

**LET US HELP - TOLL-FREE:** 800-633-3353

**WEBSITE:** [www.mygroup.com](http://www.mygroup.com) > My Portal Login > Work-Life >

**USERNAME:** campbell00 | **PASSWORD:** guest > [Online Seminars](#)



Always Available | Free | Confidential