



Your assistance program includes a monthly newsletter featuring topical articles, promotional videos, free webinars and leadership resources to build program awareness and engagement.

## JANUARY

*Whole Health New Year*

## FEBRUARY

*Inclusion*

## MARCH

*Caregiver Support*

## APRIL

*Financial Wellness*

## MAY

*Mental Health  
Awareness Month*

## JUNE

*Pride Month*

## JULY

*Minority Mental Health  
Awareness Month*

## AUGUST

*The Importance  
of Learning*

## SEPTEMBER

*Coping with Stress*

## OCTOBER

*Emotional Wellness*

## NOVEMBER

*The Power of Gratitude*

## DECEMBER

*Family and Friendship*