



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](https://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*