

A Year of Wellness with LifeSpeak

MONTH	FOCUS	MONTHLY COMMUNICATION / QUARTERLY EDUCATION CAMPAIGN
January	Fitness and Wellness	
February	Black History Month	
March	Preventative Health	
April	Personal Finances	
May	Mental Health Month	
June	Pride Month – LGBTQ+ and Gender Diversity	
July	Sexual Health and Relationships	
August	Back to School/Work	
September	Diversity and Inclusion in the Workplace	
October	Mental Health	
November	Diabetes and Nutrition Awareness Month	
December	Parenting and Caregiving	

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CLIENT PASSWORD
