

Stay up to date with the latest in empowering information for emotional and physical wellbeing.

With a focus on positive outcomes through clinically validated methods and online tools, we help today's diverse workplace thrive by improving the lives of their members and families. Dates and topics are subject to change to accommodate current issues or events trending in the US.

Monthly webinars are available on the 1st day of each month and past topics are available for viewing at any time. To view the webinars, log into the [Upriase Health member site](#) with your assigned Access Code ("lafayettecollege") and click "Work-Life Services". Certificates of Completion are available by setting up a personal login and password within the Personal Advantage site at uprisehealth.com/members.

JANUARY

- WEBINAR: PERSONAL ADVANTAGE** 1/1 **Achieving Harmony: How to Maintain a Healthy Work/Life Balance:** In this webinar you will learn how to recognize the signs of poor work life balance, create manageable goals, plan your time productively, and distinguish when you need support and how to get it.
- NEWSLETTER: MEMBER** 1/1 **Financial Health in 2022:** Using your EAP and other resources for financial planning, budgeting and will preparation.
- NEWSLETTER: SUPERVISOR** 1/1 **Trending HR and Leadership Topics.**

FEBRUARY

- WEBINAR: PERSONAL ADVANTAGE** 2/1 **Family Ties:** Connecting as a family on all levels is key to how children behave in social settings and later in life. In this webinar, we will discuss communication skills, and the ways in which children cope with life issues.
- NEWSLETTER: MEMBER** 2/1 **Heart Health Month:** Heart disease, lifestyle, risk factors, and mind-body health.
- NEWSLETTER: SUPERVISOR** 2/1 **Trending HR and Leadership Topics.**
- AWARENESS EVENTS** **National Awareness Events & Communications:** Heart Health Month, Wear Red Day, Random Acts of Kindness Week.

MARCH

- WEBINAR: PERSONAL ADVANTAGE** 3/1 **Riding the Waves of Change:** During this webinar, we'll demonstrate techniques for successfully navigating change and using it as an opportunity for learning and growth.
- NEWSLETTER: MEMBER** 3/1 **Healthy Changes for Sleep:** Healthy changes for sleep, rest and relaxation; Embracing change in the workplace and at home.
- NEWSLETTER: SUPERVISOR** 3/1 **Trending HR and Leadership Topics.**
- AWARENESS EVENTS** **National Awareness Events & Communications:** Sleep Awareness Week, Nutrition Week.
- WEBINAR: LEADERSHIP** TBA **60-Minute Webinar and Q&A with Speaker Panel:** What Employees Expect from Leaders for Mental Health Support. *Speaker panel and date will be announced.*

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Newsletters are emailed the 1st day of each month and past issues are available on uprisehealth.com/newsletters. Confirm with your Client Success Manager if you are signed up or go to uprisehealth.com/newsletter-form/ to sign up.

APRIL

- WEBINAR: PERSONAL ADVANTAGE 4/1 **Empathy on Empty:** Even the most empathic person can become so overwhelmed by the chronic stress associated with caregiving that negative attitudes start to take over. Join us and learn techniques to help cope with compassion fatigue.
- NEWSLETTER: MEMBER 4/1 **Alcohol Awareness Month:** Health risks associated with drinking, support for loved ones, resources for recovery, and recognizing triggers.
- NEWSLETTER: SUPERVISOR 4/1 **Trending HR and Leadership Topics.**
- AWARENESS EVENTS **National Awareness Events & Communications:** Alcohol Awareness Month, Counseling Awareness Month, Stress Awareness Month.

MAY

- WEBINAR: PERSONAL ADVANTAGE 5/1 **Addressing the Elephant in the Room: Grief, Illness, and Family Caregiving:** This webinar will provide practical advice for how to communicate, and request the support needed to balance work and home life.
- NEWSLETTER: MEMBER 5/1 **Mental Health Awareness Month:** Raising awareness and community support for mental health, PTSD, and trauma.
- NEWSLETTER: SUPERVISOR 5/1 **Trending HR and Leadership Topics.**
- AWARENESS EVENTS **National Awareness Events & Communications:** Mental Health Awareness Month, Children's Mental Health Awareness Month.
- WEBINAR: LEADERSHIP TBA **60-Minute Webinar and Q&A with Speaker Panel:** Engaging Your Team with a Culture Focused on Mental Health. *Speaker panel and date will be announced.*

JUNE

- WEBINAR: PERSONAL ADVANTAGE 6/1 **How to Talk to Your Partner About Money:** In this webinar, we'll discuss why money can be such a problematic issue and offer practical strategies to have productive, connected conversations about money.
- NEWSLETTER: MEMBER 6/1 **Men's Health:** Awareness and prevention of physical and mental health issues, including tips and resources for healthy living.
- NEWSLETTER: SUPERVISOR 6/1 **Trending HR and Leadership Topics.**
- AWARENESS EVENTS **National Awareness Events & Communications:** Men's Health Awareness Month, Summer Safety, PTSD Awareness Month.

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JULY

- WEBINAR: PERSONAL ADVANTAGE 7/1 **Working it Out In the Workplace:** It's essential to create and maintain positive relationships for your own personal and organizational success. During this webinar, we'll explore common challenges and provide you with steps for navigating them.
- NEWSLETTER: MEMBER 7/1 **Whole Person Health:** The mind and body connection for mental and physical health.
- NEWSLETTER: SUPERVISOR 7/1 **Trending HR and Leadership Topics.**
- AWARENESS EVENTS **National Awareness Events & Communications:** UV Safety Awareness Month, Healthy Vision Month.

AUGUST

- WEBINAR: PERSONAL ADVANTAGE 8/1 **As Our Parents Age:** This webinar will cover how to assess a parent's needs at each stage of aging, how to have difficult conversations, finding support solutions for emotional and health issues, and balancing self-care with caregiver responsibilities.
- NEWSLETTER: MEMBER 8/1 **Immunization Awareness Month and Back-to-School Planning:** Immunization awareness and chronic diseases, and back-to-school planning for families and children.
- NEWSLETTER: SUPERVISOR 8/1 **Trending HR and Leadership Topics.**
- AWARENESS EVENTS **National Awareness Events & Communications:** Immunization Awareness Month, Back-to-School.
- WEBINAR: LEADERSHIP TBA **60-Minute Webinar and Q&A with Speaker Panel:** Trending topic for today's diverse workplace. *Speaker panel and date will be announced.*

SEPTEMBER

- WEBINAR: PERSONAL ADVANTAGE 9/1 **Navigating Divorce:** Regardless of where you are in the process, this dynamic session will empower you with information, tools, and resources to support you during and after your divorce.
- NEWSLETTER: MEMBER 9/1 **Suicide Prevention and Awareness Month:** Recognizing warning signs, helping someone in crisis, and accessing resources for crisis support.
- NEWSLETTER: SUPERVISOR 9/1 **Trending HR and Leadership Topics.**
- AWARENESS EVENTS **National Awareness Events & Communications:** Suicide Prevention and Awareness Month, National Recovery Month, Pain Awareness Month.

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OCTOBER

- WEBINAR: PERSONAL ADVANTAGE** 10/1 **Managing Your Finances Paycheck to Paycheck:** Join us for this very practical and actionable webinar on budgeting. Learn how to create your budget and set financial goals.
- NEWSLETTER: MEMBER** 10/1 **Women's Health Month & Breast Cancer Awareness Month:** Awareness and prevention of physical and mental health issues, including tips and resources for healthy living, and information for breast cancer awareness.
- NEWSLETTER: SUPERVISOR** 10/1 **Trending HR and Leadership Topics.**
- AWARENESS EVENTS** **National Awareness Events & Communications:** World Mental Health Day, Women's Health Month, Breast Cancer Awareness Month, Prescription Take Back Day.

NOVEMBER

- WEBINAR: PERSONAL ADVANTAGE** 11/1 **Mindset for Success:** Mindset has a huge influence on physical and emotional wellbeing, relationships, and personal success. You will leave this webinar armed with strategies for making simple shifts in thinking that can lead to great change.
- NEWSLETTER: MEMBER** 11/1 **Heart Health Month:** Information and resources about how to quit smoking, support loved ones, and resources about lung cancer and COPD; The Great American Smoke Out Day is November 17, 2022.
- NEWSLETTER: SUPERVISOR** 11/1 **Trending HR and Leadership Topics.**
- AWARENESS EVENTS** **National Awareness Events & Communications:** Great American Smokeout, Diabetes Awareness Month, National Stress Awareness Month.
- WEBINAR: LEADERSHIP** TBA **60-Minute Webinar and Q&A with Speaker Panel:** Trending topic for today's diverse workplace. *Speaker panel and date will be announced.*

DECEMBER

- WEBINAR: PERSONAL ADVANTAGE** 12/1 **Deep Relaxation for Better Sleep:** In this webinar, we will focus on mind/body relaxation, one of the most important factors in falling asleep, staying asleep and getting restorative sleep.
- NEWSLETTER: MEMBER** 12/1 **Handling the Holidays:** Stress management and wellbeing for a healthy season.
- NEWSLETTER: SUPERVISOR** 12/1 **Trending HR and Leadership Topics.**
- AWARENESS EVENTS** **National Awareness Events & Communications:** Persons with Disability Awareness, Holiday Stress.