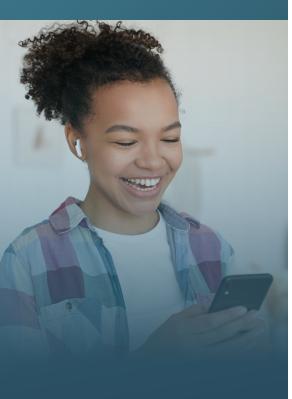


This 2025 monthly communication calendar highlights the 2025 well-being topics, webinars, and newsletter highlights for each month!

Stay up to date!

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20 MONTHLY COMMUNICATION CALENDAR

Stay up to date with the latest in empowering information for emotional and physical well-being

JANUARY

Newsletter Focus: New Beginnings



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



Personal Advantage Webinar: Understanding Neurodiversity

MARCH

Newsletter Focus: Financial Wellness

Personal Advantage Webinar: Developing Critical Thinking Skills



Skill-Building Webinar: Empowering Your Financial Wellness

APRIL

Newsletter Focus: Digital Detox



Personal Advantage Webinar: The Latest in Sleep Science

MAY

Newsletter Focus: Prioritizing Mental Health



Personal Advantage Webinar: Fostering an LGBTQIA+ Inclusive Workplace



Skill-Building Webinar: Journey toward Happiness



Our monthly newsletter highlights:

- Articles & Guides
- Featured Resources
- Webinars

We're here to help! Learn more at claremonteap.com!



JUNE

Newsletter Focus: Outdoor Adventures



Personal Advantage Webinar: Hold Your Head High: Communicating with Confidence in the Workplace

JULY

Newsletter Focus: Wellness at Work



Personal Advantage Webinar: Social Media for Parents



Skill-Building Webinar: From Conflict to Collaboration: Navigating Workplace Interpersonal Challenges

AUGUST

Newsletter Focus: Personal Development



Personal Advantage Webinar: What EQ Can do for You: Strategies for Enhancing Emotional Intelligence

SEPTEMBER

Newsletter Focus: Resilience & Adaptability



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



Personal Advantage Webinar: Your Elder Loved One's Desire: Live Independently

NOVEMBER

Newsletter Focus: Healthy Habits



Personal Advantage Webinar: Mindful Eating



11/20 Skill Building Webinar: Bucket List Brilliance: Practical Tips to Accomplish Your Goals

DECEMBER

Newsletter Focus: Choosing Joy



Personal Advantage Webinar: Family Ties