2012 Promotional Calendar

**1st Quarter: Think, Do, Become**
- January — Think
  - Featured Webinar: Who loves ya? Becoming your own best friend
  - Monthly Awareness: Safety around the house
- February — Do
  - Featured Webinar: Caregiving: The personal price, challenges and reward
  - Monthly Awareness: Dental health for children
- March — Become
  - Featured Webinar: What’s your EQ? Tips on becoming emotionally intelligent
  - Monthly Awareness: Timely health screenings

**2nd Quarter: Work, Play, Live**
- April — Work
  - Featured Webinar: On time: Being punctual, prepared and productive
  - Monthly Awareness: The facts about caffeine
- May — Play
  - Featured Webinar: Are we having fun yet? Putting play into daily life
  - Monthly Awareness: Dealing with hearing loss
- June — Live
  - Featured Webinar: Retirement: What does it mean to you?
  - Monthly Awareness: Immunizing your kids

**3rd Quarter: Relax, Relate, Renew**
- July — Relax
  - Featured Webinar: 20 minutes to relaxation: A stress reduction experience
  - Monthly Awareness: Disabilities etiquette
- August — Relate
  - Featured Webinar: When the going gets tough: Keeping relationships strong in hard times
  - Monthly Awareness: What are phobias
- September — Renew
  - Featured Webinar: Taking your zzzzz’s seriously
  - Monthly Awareness: Heart-healthy living

**4th Quarter: Learn, Grow, Change**
- October — Learn
  - Featured Webinar: Raising confident kids: Tips for parents
  - Monthly Awareness: Kids and food allergies
- November — Grow
  - Featured Webinar: Penny-wise: Everyday budgeting and saving
  - Monthly Awareness: Boneing up on osteoporosis
- December — Change
  - Featured Webinar: Love, loss and what you can learn
  - Monthly Awareness: Hypertension facts and factors

To register for upcoming Webinars, go to:
[www.horizoncarelink.com](http://www.horizoncarelink.com)
Login: laccd  Password: eap

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All calls are confidential, except as required by law (i.e., when a person’s emotional condition is a threat to himself/herself or others, or there is suspected abuse of a minor child, and in some areas, spousal or elder abuse).

Information is believed to be accurate as of the production date; however, it is subject to change. For more information about Aetna plans, refer to www.aetna.com.

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