

Your life is now

2018 promotional calendar Aetna Resources For LivingSM

Q1 — Explore the possibilities

	JANUARY <i>Create a vision</i>	FEBRUARY <i>Chart a course</i>	MARCH <i>Take a chance</i>
Featured webinar	Pennywise: Everyday budgeting and saving	Don't get duped: Scams and scare tactics	Challenges of working parents
Monthly awareness	Get organized	Teen dating violence	International Day of Happiness
Featured "Let's Talk" video	Grandparenting	Communicating with teens	Meeting new people
Infographic/e-Health video	Ways to unleash your creativity	Tips to build resilience	Setting financial goals video

Q2 — Venture out

	APRIL <i>Blaze a trail</i>	MAY <i>Embrace hope</i>	JUNE <i>Surprise yourself</i>
Featured webinar	Anger: How it helps and how it hurts	What parents need to know about teen suicide	The power of positive thinking
Monthly awareness	Child abuse	Mental health	Student safety
Featured "Let's Talk" video	Caregiving	Suicide: Having the conversation	How to be on time
Infographic/e-Health video	Family fun ideas	Five signs of emotional well-being	The power of a smile video



Q3 — Enjoy the ride

	JULY <i>Time to play</i>	AUGUST <i>Live a little</i>	SEPTEMBER <i>Ready for anything</i>
Featured webinar	You are what you post: What's your online persona?	Networking for career development	Are you ready? Emergency preparedness
Monthly awareness	Purposeful parenting	Women's equality	National preparedness
Featured "Let's Talk" video	When something critical happens	Developing your professional self	Public speaking
Infographic/ e-Health video	Keeping your pet healthy	Travel safety tips	Anger management video



Q4 — Keep the momentum

	OCTOBER <i>Inspire others</i>	NOVEMBER <i>Make a moment</i>	DECEMBER <i>Live now</i>
Featured webinar	Building healthy in-law relationships	Understanding Alzheimer's	Getting unstuck: Breaking old habits
Monthly awareness	Positive attitude	Career development	Identity theft prevention
Featured "Let's Talk" video	Managing conflict in committed relationships	Getting organized	Empty nest
Infographic/ e-Health video	Building independence in your kids	Ways to give back	Alone but not lonely video



You've got help making 2018 the best it can be. You can call us 24/7.

Aetna Resources For LivingSM is the brand name used for products and services offered through the Aetna group of subsidiary companies (Aetna). The EAP is administered by Aetna Behavioral Health, LLC and in California for Knox-Keene plans, Aetna Health of California, Inc. and Health and Human Resources Center, Inc.

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 aetna.com.

