

HumanaCare is pleased to introduce our employee newsletter topics for 2022

Each month, our employee newsletter will provide tips and highlight resources related to the monthly topics. We have also highlighted important National and International Health Wellness related dates you may want to consider for your event planning.

Month	EE Topic	Important Dates
January	Taking Charge of your Physical Health	Alzheimer's Awareness Month, Non-Smoking Week January 16-22
February	Managing Conflict at Home and at Work	World Cancer Day Feb. 4th, Psychology Month, Heart & Stroke Month, Pink Shirt/Anti-Bullying Day Feb. 23
March	Adjusting to the New Normal at Work	Nutrition Month, International Women's Day March 8
April	Adpating to Change	World Health Day April 7
May	Positive Mental Health	Mental Health Week May 10-16 International Nurses Day May 12
June	Diversity & Inclusivity	Pride Month, World Elder Abuse Awareness Day June 15
July	The Importance of Self-Care	International Self-Care Day July 24
August	Substance Misuse Awareness	International Overdose Awareness Day August 31st, World Humanitarian Day August 19
September	Helping Children Succeed in School / Caring for Aging Parents	World Suicide Prevention Day Sep 10, Orange Shirt Day (National Day for Truth & Reconciliation) Sep 30th
October	Coping with Depression	Mental Illness Awareness Week Oct 2-8, World Mental Health Day Oct. 10
November	Managing Holiday Stress	National Domestic Violence Awareness Month, World Diabetes Day Nov. 14th
December	Finding Fulfillment in Helping Others	International Volunteer Day December 5th

Finally, our monthly newsletters will also include links to register for that month's free webinar. A preview of upcoming webinar topics for January to June is attached. Manager Newsletters will be distributed quarterly in January, April, July and October.

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