

# Life Expert is pleased to announce our 2023 webinar and topics.

Each month, our newsletter will provide tips and resources that highlight our live webinar and monthly topics.

## January

**Webinar:** Managing Your Money in Tough Times | **Newsletter:** Striving for Financial Fitness

**Health Observances:** Birth Defects Prevention, Cervical Cancer Screening, and Glaucoma

## February

**Webinar:** Minimizing Worry to Maximize Life | **Newsletter:** Managing Anxiety

**Health Observances:** American Heart Month, Teen Dating Violence Awareness, and National Girls and Women in Sports Day

## March

**Webinar:** Workplace Differences: A Matter of Style | **Newsletter:** Creating a Positive Work Environment

**Health Observances:** National Nutrition Month, Colorectal Cancer Awareness, and Kidney Disease

## April

**Webinar:** Parenting Your Teen: Managing Conflict and Problem Solving | **Newsletter:** Positive Parenting

**Health Observances:** Minority Health Month, STD Awareness Week, and National Public Health Day

## May

**Webinar:** A Balance Act for the Work and Personal | **Newsletter:** Life Seesaw - Finding Balance in Your Life

**Health Observances:** Physical Fitness, Older Americans, and Women's Health

## June

**Webinar:** Healthy Living- Navigate Life Transitions | **Newsletter:** Building Resilience

**Health Observances:** Alzheimer's & Brain Awareness, Safety Month, and HIV Testing Day

## July

**Webinar:** Identifying and Addressing Employee Turnover | **Newsletter:** Managing Employee Issues

**Health Observances:** Hepatitis Awareness, and Importance of Youth Sports

## August

**Webinar:** Boosting Your Brain Power | **Newsletter:** Your Healthy Brain

**Health Observances:** Immunization; Breastfeeding

## September

**Webinar:** Cultural Myths in Media: Fact or Fiction | **Newsletter:** Media and Anxiety

**Health Observances:** Healthy Aging, Substance Abuse Recovery, and Food Safety

## October

**Webinar:** Empowering Your Influence | **Newsletter:** Assertive Communication

**Health Observances:** Health literacy, Breast Cancer, Youth Sports, and Domestic Violence

## November

**Webinar:** Competent Leadership | **Newsletter:** Leadership Skills

**Health Observances:** Diabetes, and Lung cancer

## December

**Webinar:** Personal Fitness for Life | **Newsletter:** Motivation for Personal Change

**Health Observances:** HIV/AIDS, and Flue Vaccine