

## February 2016 Monthly Calendar

What's your happy? *Ready, set...*



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1 Web Focus:</b> Relationship check-ins	<b>2 Groundhog Day</b>	3	<b>4 Webinar:</b> Retirement: What does it mean to you?	5 National Wear Red Day	6
7	8	9	10	<b>11 Webinar:</b> Learning to say "no": An important life skill	12	13
<b>14 Valentine's Day</b>	<b>15 Presidents' Day</b>	<b>16 Web Focus:</b> Feeling blah? It could be about winter!	17	<b>18 Webinar:</b> Life lessons: Talking to kids about the facts of life	19	20
21	22	23	24	<b>25 Webinar:</b> Powerful parenting	26	27
28	29					

### February 2016 Awareness — Myths and facts about eating disorders

Log in to your worklife website to register for upcoming webinars.

All calls are confidential, except as required by law. This material is for informational purposes only. Information is believed to be accurate as of the production date; however, it is subject to change.