





















2023 Employee Communication Calendar




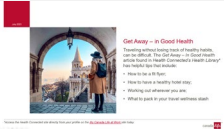

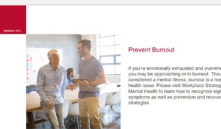
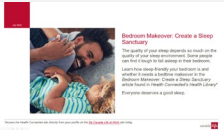
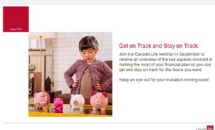
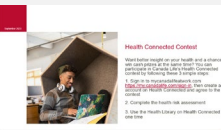
January	February	March
New Year Refreshes	Winter Health & Tax Summaries	Overall Work/Life Health
Top 5 at Carleton Newsletter+	Top 5 at Carleton Newsletter+	Top 5 at Carleton Newsletter+
<p>MCLAW Reminder! Submit claims & maximum memo (Jan 01 – Jan 22)</p> 	<p>HC Heart Disease: Lowering Your Risk memo (Jan 30 – Feb 05)</p> 	<p>HC Headaches memo (Mar 06 – Mar 12)</p> 
<p>CL Smart Path Resources memo (Jan 23 – Jan 29)</p> 	<p>HC Seasonal Affective Disorder memo (Feb 06 – Feb 19)</p> 	<p>HC How to Boost Your Immune System memo (Mar 13 – Mar 19)</p> 
	<p>MCLAW Find claims tax summary memo (Feb 20 – Mar 05)</p> 	<p>WSMH Work-life balance tips memo (Mar 20 - Mar 26)</p> 
		<p>WSMH Work-life balance tips memo (Mar 27 - Apr 02)</p> 

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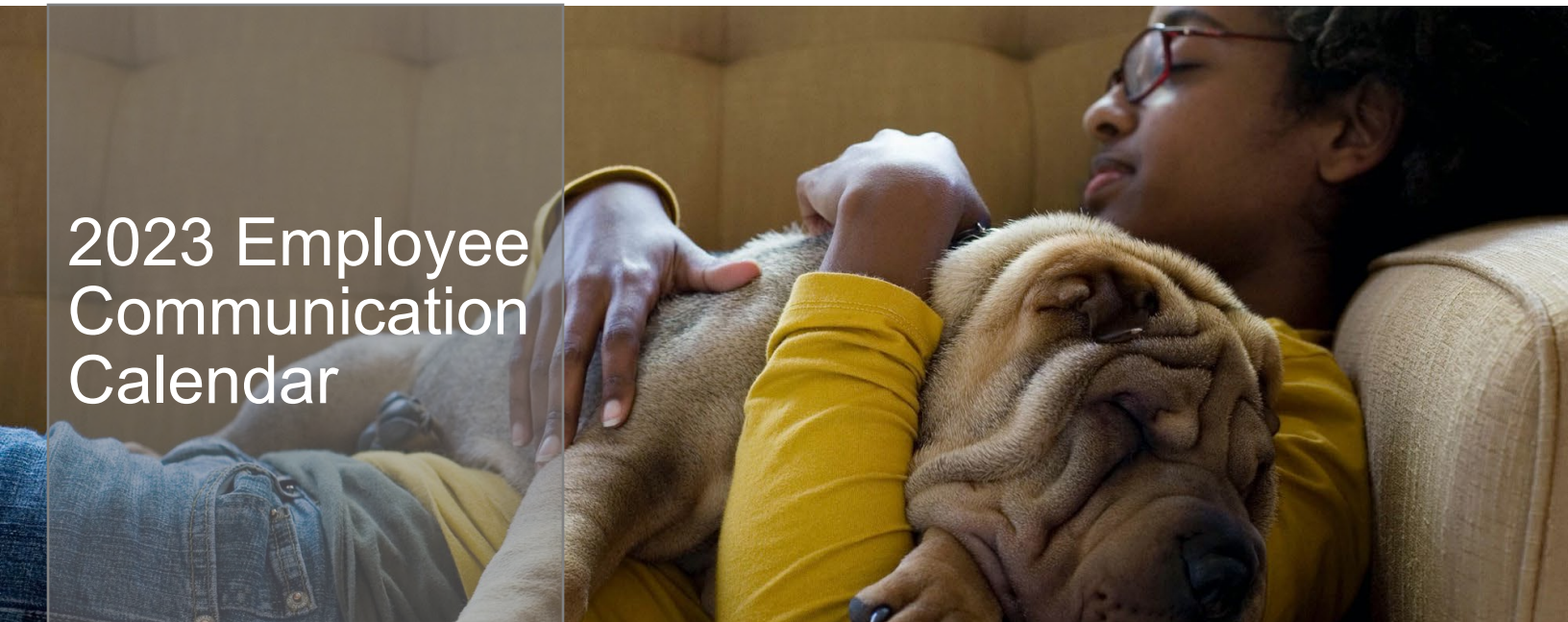


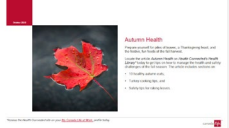


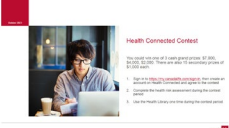



April	May	June
Health Awareness & Elder Care	Financial & Mental Health & MS	Active Living, Strokes & Skin
Top 5 at Carleton Newsletter+	Top 5 at Carleton Newsletter+	Top 5 at Carleton Newsletter+
<p>HC <i>Need to See a Dermatologist</i> memo (Apr 03 – Apr 09)</p> 	<p>CL Finance <i>Inflation & Financial Wellbeing</i> memo (May 01 – May 14)</p> 	<p>HC <i>Active Living</i> memo (Jun 05 – Jun 11)</p> 
<p>HC <i>Indoor Exercises for Seniors</i> memo (Apr 10 – Apr 16)</p> 	<p>WSMH <i>Mental health & awareness videos</i> memo (May 15 – May 21)</p> 	<p>HC <i>Don't Let Silent Stroke Risk Factors Sneak Up on You!</i> memo (Jun 12 – Jun 25)</p> 
<p>CL Webinar <i>Thriving in a life you didn't expect</i> memo (Apr 16 – Apr 30)</p> 	<p>HC <i>Managing MS: Let's Get Tracking!</i> memo (May 22 – Jun 4)</p> 	<p>HC <i>Acne: It's Not Just for Teens</i> memo (Jun 26 – Jul 02)</p> 

2023 Employee Communication Calendar

July	August	September
Self-Care & Travel	Physical Health & Financial Plans	Healthy Back to School
Top 5 at Carleton Newsletter+	Top 5 at Carleton Newsletter+	Top 5 at Carleton Newsletter+
<p>HC Sun Safety memo (Jul 03 – Jul 16)</p> 	<p>HC Yoga: Stretch for Your Health memo (Jul 31 – Aug 06)</p> 	<p>HC Back to School: A Healthy Start memo (Aug 28 – Sep 10)</p> 
<p>HC Get Away – in Good Health memo (Jul 17 – Jul 23)</p> 	<p>HC Allergies and the Great Outdoors memo (Aug 07 – Aug 20)</p> 	<p>WSMH Prevent Burnout memo (Sep 11 – Sep 24)</p> 
<p>HC Bedroom Makeover: Create a Sleep Sanctuary memo (Jul 24 – Jul 30)</p> 	<p>CL Webinar Get on Track and Stay on Track memo (Aug 21 – Aug 27)</p> 	<p>CL Health Connected Contest (Sep 25 – Oct 01)</p> 

2023 Employee Communication Calendar



October	November	December
Fall Health & Safety	Diabetes & Men's Health	Healthy Holidays
Top 5 at Carleton Newsletter+	Top 5 at Carleton Newsletter+	Top 5 at Carleton Newsletter+
<p>HC <i>Autumn Health</i> memo (Oct 02 – Oct 08)</p> 	<p>CL <i>Financial Literacy Month</i> memo (Oct 30 – Nov 05)</p> 	<p>HC <i>Holiday Survival Guide</i> memo (Dec 04 – Jan 07)</p> 
<p>HC <i>Contest</i> memo (Oct 09 – Oct 15)</p> 	<p>HC <i>Diabetes Self-Management</i> memo (Nov 06 – Nov12)</p> 	
<p>HC <i>Workplace Health & Safety</i> memo (Oct 16 – Oct 29)</p> 	<p>HC <i>Men's-focused articles</i> memo (Nov 13 – Nov19)</p> 	
	<p>HC <i>Turning Down the Pressure</i> memo (Nov 20 – Dec 03)</p> 