### 2012 Promotional Calendar

#### 1st Quarter: Think, Do, Become

**January — Think**  
Featured Webinar: Who loves ya? Becoming your own best friend  
Monthly Awareness: Safety around the house

**February — Do**  
Featured Webinar: Caregiving: The personal price, challenges and reward  
Monthly Awareness: Dental health for children

**March — Become**  
Featured Webinar: What’s your EQ? Tips on becoming emotionally intelligent  
Monthly Awareness: Timely health screenings

#### 2nd Quarter: Work, Play, Live

**April — Work**  
Featured Webinar: On time: Being punctual, prepared and productive  
Monthly Awareness: The facts about caffeine

**May — Play**  
Featured Webinar: Are we having fun yet? Putting play into daily life  
Monthly Awareness: Dealing with hearing loss

**June — Live**  
Featured Webinar: Retirement: What does it mean to you?  
Monthly Awareness: Immunizing your kids

#### 3rd Quarter: Relax, Relate, Renew

**July — Relax**  
Featured Webinar: 20 minutes to relaxation: A stress reduction experience  
Monthly Awareness: Disabilities etiquette

**August — Relate**  
Featured Webinar: When the going gets tough: Keeping relationships strong in hard times  
Monthly Awareness: What are phobias

**September — Renew**  
Featured Webinar: Taking your zzzzz’s seriously  
Monthly Awareness: Heart-healthy living

#### 4th Quarter: Learn, Grow, Change

**October — Learn**  
Featured Webinar: Raising confident kids: Tips for parents  
Monthly Awareness: Kids and food allergies

**November — Grow**  
Featured Webinar: Penny-wise: Everyday budgeting and saving  
Monthly Awareness: Boning up on osteoporosis

**December — Change**  
Featured Webinar: Love, loss and what you can learn  
Monthly Awareness: Hypertension facts and factors

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To register for upcoming Webinars, go to: [www.horizoncarelink.com](http://www.horizoncarelink.com)  
Login: laccd  
Password: eap

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All calls are confidential, except as required by law (i.e., when a person’s emotional condition is a threat to himself/herself or others, or there is suspected abuse of a minor child, and in some areas, spousal or elder abuse).

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 [www.aetna.com](http://www.aetna.com).

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