

# 2018 be well

## Benefits and Wellness Education Series

### January



1/11 – Smoking Cessation



1/17 – Student Loan Forgiveness



1/24 – First Time Homebuyer



1/30 – Estate & Inheritance Planning

### February



2/7 – Caring for Aging Parents



2/15 – Summer Camp EXPO



2/27 – LGBTQIA: Financial Planning

### March



3/6 – Understanding Mental Health



3/13 – Work-Life Balance



3/28 – Education Assistance

### April



4/25 – Bank at Work Day

### May



5/8 – Using Your Leave for Maternity



5/9 – Smoking Cessation



5/23 – Deskercises

### June



6/6 – Education Assistance



6/12 – Healthy Cooking Demo



6/19 – Leaves of Absence