Lifesaver Wellbeing Series

A **FREE** year-long program with resources and activities to improve ALL dimensions of wellbeing.

**STEP 1** Register at surveymonkey.com/r/2020Lifesaver

**STEP 2** Download materials at bellin.org/lifesaver

**NEW 2020 LIFESAVER ADDITIONS:**

- **App or Podcast** – Tools to align with the monthly wellbeing message
- **Just One Thing** – A simple tactic for those too busy to “do wellness”
- **Interactive Whiteboard** – Creating social connections within your team
- **Banner Ad** – Visuals for social media and digital signage screens

**PLUS** – You’ll get a planning calendar, monthly e-mails, posters, handouts, and inspirational videos

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**JANUARY**
- Color Your World
- Your World
- Wellbeing Exploration

**FEBRUARY**
- Shop Your Heart Out
- Focus on Whole Foods

**MARCH**
- Battle of the Blah-zzz
- Sleep

**APRIL**
- Move!
- Movement

**MAY**
- Create Positive Interactions
- Emotional Health

**JUNE**
- Missing Something?
- Men’s Health

**JULY**
- Focus on the Moment
- Spirituality and Purpose

**AUGUST**
- Caught in the Middle?
- Sandwich Generation

**SEPTEMBER**
- No Fear!
- Career Considerations

**OCTOBER**
- Love Yourself!
- Emotional Health

**NOVEMBER**
- Your Happy Place
- Joy in Work

**DECEMBER**
- Lighten Up
- Financial Health

To learn more, contact your Account Executive or call 920.436.8668 or e-mail wellnessconsultant@bellin.org