

# Magellan 2012 Monthly Targeted *Your Source* Campaigns

Access Magellan's informational and educational campaigns to learn ways to enjoy life more, and identify tools and resources to help you make improvements at home and work. Material is located on [www.MagellanHealth.com/member](http://www.MagellanHealth.com/member) under the *In the Spotlight* section. Access it today and throughout the year, and share with your family members!

Month	Audience	Theme	Theme Highlights	Live Webinars
January	Members	<b>Family Financial Well-Being</b>	<ul style="list-style-type: none"> <li>• Making ends meet</li> <li>• Preparing for the future</li> <li>• Finances and your family</li> </ul>	January 11, 2012 1–2 p.m. Central <a href="#">Register Here</a>
February	Managers	<b>Workplace Issues Today</b>	<ul style="list-style-type: none"> <li>• Understanding and managing teams</li> <li>• Effectively managing change</li> <li>• Working with generational diversity</li> </ul>	February 8, 2012 1–2 p.m. Central <a href="#">Register Here</a>
March	Members	<b>Work-Life Balance Re-defined</b>	<ul style="list-style-type: none"> <li>• Re-defining your values</li> <li>• Overcoming being overwhelmed</li> <li>• Tools and resources</li> </ul>	March 14, 2012 1–2 p.m. Central <a href="#">Register Here</a>
April	Members	<b>Substance Use and Young Adults</b>	<ul style="list-style-type: none"> <li>• Be informed</li> <li>• Warning signs</li> <li>• Helping young adults</li> </ul>	April 11, 2012 1–2 p.m. Central <a href="#">Register Here</a>
May	Members	<b>Living Your Best With a Chronic Condition</b>	<ul style="list-style-type: none"> <li>• Depression and chronic conditions</li> <li>• Living with a chronic condition</li> <li>• Improving your overall well-being</li> </ul>	May 9, 2012 1–2 p.m. Central <a href="#">Register Here</a>
June	Managers	<b>Workplace Preparedness</b>	<ul style="list-style-type: none"> <li>• Helping teams cope with natural disasters</li> <li>• Workplace violence signs</li> <li>• Workplace safety tips</li> </ul>	June 13, 2012 1–2 p.m. Central <a href="#">Register Here</a>
July	Members	<b>Families with Special Needs</b>	<ul style="list-style-type: none"> <li>• What are special needs</li> <li>• Personal and special children needs</li> <li>• Tools and Resources</li> </ul>	July 11, 2012 1–2 p.m. Central <a href="#">Register Here</a>
August	Members	<b>Stress and Anxiety</b>	<ul style="list-style-type: none"> <li>• Types of stress and anxiety</li> <li>• Healthy ways to vent</li> <li>• Ways to make stress work for you</li> </ul>	August 8, 2012 1–2 p.m. Central <a href="#">Register Here</a>

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September	Managers	<b>Communicating in the Workplace</b>	<ul style="list-style-type: none"><li>• Communicating in difficult situations</li><li>• Positive communication</li><li>• Communication styles</li></ul>	September 12, 2012 1–2 p.m. Central <a href="#"><i>Register Here</i></a>
October	Members	<b>Depression: Moving Forward</b>	<ul style="list-style-type: none"><li>• Types of depression</li><li>• Depression and families</li><li>• Moving forward</li></ul>	October 10, 2012 1–2 p.m. Central <a href="#"><i>Register Here</i></a>
November	Members	<b>Caregiving Journey</b>	<ul style="list-style-type: none"><li>• Stages of caregiving</li><li>• Communicating with providers</li><li>• Setting boundaries</li></ul>	November 14, 2012 1–2 p.m. Central <a href="#"><i>Register Here</i></a>
December	Managers	<b>People Management</b>	<ul style="list-style-type: none"><li>• Making time work for you</li><li>• Effective leaders</li><li>• Change management skills</li></ul>	December 12, 2012 1–2 p.m. Central <a href="#"><i>Register Here</i></a>