

# April 2013 Monthly Calendar

Quality time - Healthy habits



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 <b>Web Focus:</b> Getting your kids "into the ball game"	2	3	4 <b>Webinar:</b> The many faces of loss: Healing through grief	5	6
7	8	9	10	11 <b>Webinar:</b> Good humor = Good health & more	12	13
14	15 <b>Web Focus:</b> Bike to work	16	17 <b>Webinar:</b> Stress: Do this, not that	18	19	20
21	22	23	24 <b>Webinar:</b> Stop to smell the roses: Finding joy in life	25	26	27
28	29	30				

**April 2013 Awareness — Basic Questions and Answers About Autism**  
Log in to your worklife website to register for upcoming webinars.