**Subject Line:** Magellan Bulletin – March 2023 Momentum Engagement Campaign and Webinars

**Email content is below.**

**Monthly Theme – Employees & Managers**

**Prioritizing Self-Care**

Self-care isn’t selfish. Instead, it’s defined as making a commitment to activities that support your emotional, physical and spiritual health. If you take care of yourself first, you’ll have more energy and bandwidth to effectively care for and lead others. Learn more in this month’s newsletters.

**Monthly Webinar – Employees**

**Self-care Isn’t Selfish | March 8**

Join this webinar to:

* Describe how to prioritize self-care
* Learn how to create emotional balance in your life
* Identify ways to incorporate self-care into your daily routine

[**Register here**](http://magellanhealth.adobeconnect.com/e98530wray5c/event/registration.html)

**Monthly Webinar – Managers**

**Self-care Awareness: Practicing what you Preach | March 22**

Join this webinar to:

* Describe self-care
* Discuss why self-care is important for you and your team
* Identify ways you can take care of yourself and encourage your team to do the same

[**Register here**](http://magellanhealth.adobeconnect.com/e03gr14au91j/event/registration.html)

**Financial Wellbeing Monthly Webinars**

**Women & Money | March 14**

Register here: [9 am PT](https://mysecureadvantage.zoom.us/webinar/register/7916650755395/WN_Shmuc2gzRiyuyaI-rSNa5A) | [12 pm PT](https://mysecureadvantage.zoom.us/webinar/register/2416474502741/WN_5xsNB9IASRqA1mn9ejbNlw)

As the wealth gap narrows between women and men, there are still certain financial challenges that

are unique to women. We will empower you with action steps to create financial wellness and help you

assess your history with money. We will discuss the importance of incorporating emotional intelligence

as well as technical aspects of money management to help direct your finances to their highest potential.

**Getting & Keeping Good Credit | March 23**

Register here: [9 am PT](https://mysecureadvantage.zoom.us/webinar/register/8416650761276/WN_7Z7gAqcMQTe3RxmXOxd3kw) | [12 pm PT](https://mysecureadvantage.zoom.us/webinar/register/3216650763888/WN_nLnp9XckQPOZLjOSE6KVpg)

Credit scores influence personal finances in more ways than most people realize. Whether it’s your auto insurance premium or the interest rate on your mortgage, you want your credit score to be “excellent”. We’ll discuss the criteria that determine a credit score, as well as how to establish new credit, how to recover from credit challenges, and best practices for maintaining an excellent credit score.