**Subject line:** **Magellan Bulletin – December 2023 Momentum Engagement Campaign and Webinars**

**Monthly Theme – Employees & Managers**

**Emotional wellbeing**

A group of posters with text and images

Description automatically generatedWhen people have emotional wellbeing, they’re able to maintain supportive relationships, keep their emotions balanced and face life’s challenges with resilience. They’re flexible in adapting to new situations, and they make room for fun in their day. Learn more in this month’s newsletters.

**Monthly Webinar – Employees**

**Coping with Grief and Loss | December 13**

Join this webinar to:

* Define grief, bereavement and mourning
* Describe the experience of grief
* Identify how to care for yourself as you grieve

[**Register here**](http://magellanhealth.adobeconnect.com/esokysefqt56/event/registration.html)

**Monthly Webinar – Managers**

**Emotional Wellbeing for Leaders | December 6**

Join this webinar to:

* Understand the importance of emotional wellbeing to leaders and employees
* List strategies to enhance your wellbeing
* Describe ways to be a more effective leader

[**Register here**](http://magellanhealth.adobeconnect.com/ehb0jmuba80d/event/registration.html)

**Financial Wellbeing Monthly Webinar**

**Financial Forum | December 12**

Register here: [9 am PT](https://mysecureadvantage.zoom.us/webinar/register/9716663709758/WN_4tly1F5YQzKoP1_dWFTH6w) | [12 pm PT](https://mysecureadvantage.zoom.us/webinar/register/7516663711095/WN_Lrc8z9PzQrqZRzMcMcwbzQ)

Finances are vital for all of us, so we are dedicating this live forum to answering questions on any financial topic. Our panelists will be ready to talk about issues ranging from credit, saving for emergencies, retirement, student loans, college, and more. If you have a particular question in mind, you can provide it when you register for this event. The more, the merrier, so please encourage any co-workers with financial questions to attend as well.

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