



**LifeWorks**  
by Morneau Shepell

## rEAP The Benefits Discussion Series 2019 Curriculum and Registration Links

| Date              | Topic<br>(click topic to register or watch recording)                      |
|-------------------|--|
| 16 January 2019   | <a href="#">Introduction to LifeWorks by Morneau Shepell</a>               |
| 20 February 2019  | <a href="#">2019 Mental Health Trends</a>                                  |
| 20 March 2019     | <a href="#">Total Health: Building A Healthier Workplace</a>               |
| 17 April 2019     | <a href="#">Diversity and Inclusion</a>                                    |
| 15 May 2019       | <a href="#">Suicide Awareness</a>  |
| 19 June 2019      | <a href="#">Maintaining Momentum with your Wellness Programming</a>        |
| 17 July 2019      | <a href="#">Manager's Toolkit – Part 1</a>                                 |
| 21 August 2019    | <a href="#">OFF - Summer Vacation</a>                                      |
| 18 September 2019 | <a href="#">Peer Support Programs</a>                                      |
| 16 October 2019   | <a href="#">Cannabis in the Workplace – One Year Later</a>                 |
| 20 November 2019  | <a href="#">Financial Health as part of your Total Well-Being Strategy</a> |
| 18 December 2019  | No Session due to Holiday Season   |

Webinars are scheduled for the third Wednesday of each month, at 2:00 p.m. ET.

To be added to the webinar invitation list, please contact: [reap@shepell.com](mailto:reap@shepell.com)