



March



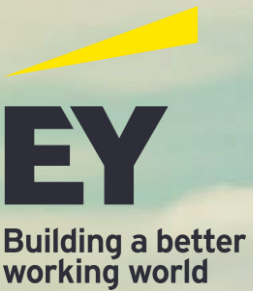
■ Cleveland Clinic Wellbeing Sessions
 ■ MindBeacon "Ask a Therapist" session
 ■ LifeSpeak "Ask the Expert" webchats
 ■ EY's Mindfulness Champions

EY LiveWell Events Calendar 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5 Menopause 1:30 p.m. to 2:30 p.m. ET Add to Calendar	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20 Nutrition tips for your health 12:00 p.m. ET Register here	21	22	23
24/31	25	26	27	28	29	30



April



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EY LiveWell Events Calendar 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15 Impact of Screen Time on health Time: 1:30 pm to 2:30 pm ET Add to Calendar	16	17	18	19	20
21	22	23	24 Navigating family finances Time: 12pm ET Register here	25	26	27
28	29	30				



May



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EY LiveWell Events Calendar 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8 Mental Health Marathon Register here	9	10	11
12	13	14	15	16	17	18
19	20	21	22 Neurodiversity & Mental Health Register here	23	24	25
26	27	28 Positive Psychology Time: 1:30 pm to 2:30 pm ET Add to Calendar	29	30	31	



June



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EY LiveWell Events Calendar 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5 Cognitive Distortions Time: 1:30 pm to 2:30 pm ET Add to Calendar	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23/30	24	25	26	27	28	29



July



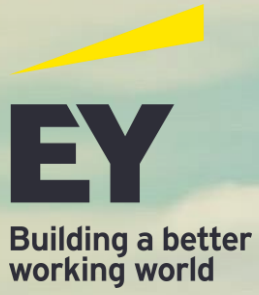
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	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			



August



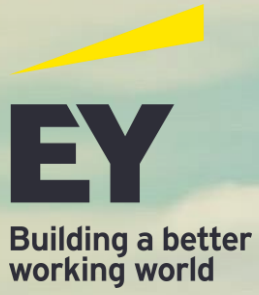
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EY LiveWell Events Calendar 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31



September



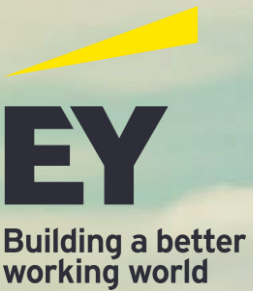
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EY LiveWell Events Calendar 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					



October



■ Cleveland Clinic Wellbeing Sessions ■ MindBeacon "Ask a Therapist" session ■ LifeSpeak "Ask the Expert" webchats ■ EY's Mindfulness Champions

EY LiveWell Events Calendar 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		



November



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EY LiveWell Events Calendar 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30



December



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EY LiveWell Events Calendar 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				