

MARK YOUR CALENDARS!

Click [here](#) for the upcoming wellness webinars!



APRIL 1 - 2023 Summary Plan Descriptions (SPD's) available on [LiiBenefits.com](#), and letters with more information will be mailed out starting 4/1/2023

APRIL 6TH - NATIONAL WALKING DAY



Make time to go for a walk on April 6th! Walking can help improve your sleep, energy, mood, and focus! Click [here](#) to learn more about the benefits of walking!

MONEY MATTERS WEBINAR - APRIL 12TH AT 1PM CT

Facing a financial setback? Regroup and rebuild! The webinar can help you restore your finances in multiple areas and prevent future set backs! Click [here](#) to register



GET YOUR HEALTH SCREENING DONE!

Go to the [LiiWell Portal!](#)
Download the Physician Form or Lab Corp form to get your health screening done early!



Visit us at [LIIBENEFITS.COM](https://www.liibenefits.com)

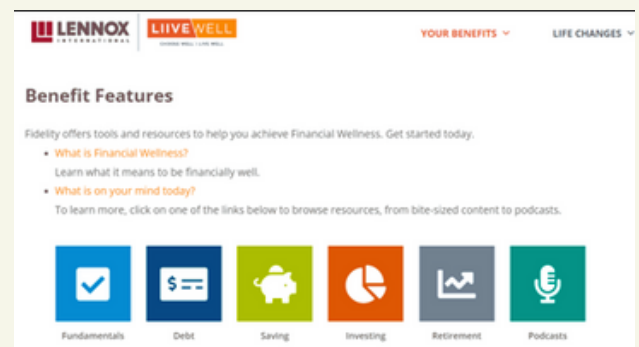
STRESS AWARENESS MONTH

Stress can be sneaky. Sometimes we don't even realize we're in a battle with physical, mental and/or emotional strain. This month's health observance encourages everyone to heighten their awareness of stress, particularly when it's long-lasting. Check out LIIVEWELL's tools and resources available to help you keep stress at bay!



NEW FINANCIAL WELLNESS PAGE

The new [Financial Wellness](#) page on our LII Benefits website provides financial education resources available to you and your family! Click [here](#) to learn more about debt, finance fundamentals and more!



REDUCE STRESS!

PROTECT YOUR EYES!

Your eyes are your key players in all of your activities! Click [here](#) to learn more!