### **Autism Awareness Day (Apr 2)**

**Email Subject:** Join Us in Observing Autism Awareness Day!

Hi {Name},

April 2nd is Autism Awareness Day. Take part in the occasion with "Autism Awareness Day" by Syntrio {Link to LMS}, a 2-minute course that offers insights into understanding and supporting individuals with autism. Let's build a more inclusive community together.

**Internal Post:** 🧩 April 2 is Autism Awareness Day! Learn more with "Autism Awareness Day" by Syntrio {Link to LMS}, a quick 2-minute course to enhance your understanding of autism. Let's embrace inclusivity!

### **Stress Awareness Month**

**Email Subject:** Manage Stress Effectively This Month!

Hi {Name},

April is Stress Awareness Month. Discover effective strategies with "Stress Management: Stress Awareness Comes First" by Litmos {Link to LMS}. This 10-minute course provides key insights into handling stress positively. Let's prioritize our well-being!

**Internal Post:** 🌼 Stress Awareness Month is here! Explore "Stress Management" by Litmos {Link to LMS}. In just 10 minutes, learn to manage stress better. Take care of your mental health!