### **Stress-Free Family Holiday Month**

**Email Subject:** Tips for a Stress-Free Holiday Season!

Hi {Name},

December's Stress-Free Family Holiday Month calls for "Stress Busting Tips" by Mind Channel {Link to LMS}. This 5-minute course offers practical advice for managing holiday stress. Make your holiday season more joyful and relaxing!

**Internal Post:** ❄️ Make your holidays stress-free! Check out "Stress Busting Tips" by Mind Channel {Link to LMS}. In just 5 minutes, learn how to navigate holiday stress. Enjoy a peaceful and joyous holiday season!

### **International Day of Persons with Disabilities (Dec 3)**

**Email Subject:** Let’s Promote Inclusivity Today

Hi {Name},

On International Day of Persons with Disabilities, take time to learn with "Disability in the Workplace" by iAM Learning {Link to LMS}. This 15-minute course fosters understanding and inclusion for people with disabilities in the workplace. Let's support an inclusive work environment.

**Internal Post: 🌎** December 3 is International Day of Persons with Disabilities! Explore "Disability in the Workplace" by iAM Learning {Link to LMS}. Embrace diversity and spend 15 minutes learning about inclusive spaces in the workplace.