

# 2012 Monthly Topic Letters

**E**ach month we send an informational topic letter to our customers to share with their employees.

These topics were selected for this year; however, MHNet has a wide variety of articles focusing on additional topics impacting both employer and employee.

Please contact us if you would like to view other articles.

Other related articles also are available online.

[www.mhneteap.com](http://www.mhneteap.com)

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January:	New Year's Resolutions
February:	Wills and Beneficiaries
March:	Gaining Control of Your Life
April:	Managing Wedding Stress
May:	Mental Fitness: How the Body affects Mental Health
June:	The Importance of Retirement Planning
July:	"Unplug": Step Away from the Gadgets!
August:	Empty Nest: Enjoying a Quiet Home
September:	Eating Right!
October:	Cultivating Friends as an Adult
November:	Protecting Your Identity
December:	Holiday Decoration Safety Tips