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**Date:** 1/5/2015 11:05:47 AM

**Subject:** FW: Military OneSource Monthly Communications -- January New Year Resolutions @@

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**From:** Williams, Latarsa [mailto:Latarsa.Williams@militaryonesource.com]

**Sent:** Monday, January 05, 2015 9:19 AM

**To:** Undisclosed recipients:

**Subject:** Military OneSource Monthly Communications -- January New Year Resolutions @@

Greetings:

*Happy New Year!*

It's the start of a new year and a great time to use those New Year's resolutions to make a new you. By making healthy living a priority for yourself, you can see the same values reflected in your children. And don't restrict your goals to just physical activities. January is a perfect time to marry your physical health with your financial goals. Whatever you need help with, Military OneSource has the articles, tips and resources to help you achieve your goals.

Below you will find a list of Military OneSource resources available such as webinars, articles and services. When printing articles it is beneficial to print articles in PDF format which you can select as an option on the bottom of the right side of the webpage. Please visit [www.MilitaryOneSource.mil](http://www.MilitaryOneSource.mil)<<http://www.MilitaryOneSource.mil>> for the full articles and other resources to assist you.

 Login may be required.

### Casualty Assistance

How do I Cope With My Loss? 

Scholarship Opportunities for Survivors

Tax Forgiveness for Survivors

### Child Abuse and Domestic Abuse

Domestic Abuse Military Reporting Options

How to End an Abusive Relationship

### Children, Youth & Teens

Exercise for Teens: How Much and What Kind? 

Healthy Military Children 5210 Tip Sheets

### Deployment

Filing Taxes When a Service Member Is Deployed

### EFMP/Special Needs

Helping Family Members With Special Needs Meet Their Fitness Goals

How to Be an Advocate for a Gifted or Special Needs Child 

### Healthy Base Initiative

Fitness Without a Gym

### K-12 and College Education

Extending Your Child's Learning Beyond the Classroom 

How to Save for a Child's College Education

## Legal Information

The Uniformed Services Employment and Reemployment Rights Act

## Money Management

7 Tips to Get You Back on Your Financial Roadmap

Good Debt Versus Bad Debt: Do You Know the Difference?

Rethinking Your Spending: Necessities vs. Habits 

Tax Filing Made Simple for Service Members and Their Families

The Volunteer Income Tax Assistance Program

## Moving

Finding Community in a New Location 

Finding a Job as a Military Spouse after a Permanent Change of Station Move

## Non-Medical Counseling

A Fresh Outlook for a New Year 

## Relationship Health & Family Wellness

How to Reduce Financial Stress in Your Relationships

The Romantic Getaway: Reconnecting with Your Partner 

## Spouse Education & Career Opportunities

Finding a Job as a Military Spouse after a Permanent Change of Station Move

Invest in Your Education

Month-by-Month Guide to Career Management 

## Transition Assistance

15 Tips for Developing Skills You Can Use Outside the Military

Make Time for Exercise

## Voluntary Education

Financial Assistance Options for Service Members Financing Continuing Education

Please pass this along to those who might find this information beneficial.

Look for future emails from me on upcoming webinars and resources Military OneSource offers. For additional resources on these topic and other topics please visit [www.MilitaryOneSource.mil](http://www.MilitaryOneSource.mil)<<http://www.MilitaryOneSource.mil>> or call 1-800-342-9647.

V/R,

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