



March 2018

International Day of Happiness

Celebrated all over the globe on March 20th, International Day of Happiness is a day that recognizes the importance of happiness to human beings. This day is the perfect day to do whatever will make you happy. It doesn't matter if your passion is writing, painting, playing with your dog or spending time with your friends and family. It is also a day that can be celebrated by ensuring the happiness of others. This can be done by saying a kind word to someone, giving them a gift or even just a smile. You can also celebrate the day by doing charitable acts for those in need.



[Day of Happiness](#)



Daylight Savings Time (already?!)

Time flies! It seems like we just got used to the time change and now it's time to do it again. This year we "spring ahead" on March 11th.

Could this be the last time we go through this exercise? Under federal law, the U.S. Department of Transportation is charged with setting time zones but allows states to exempt themselves from Daylight Saving Time. Florida had an early start for its legislative session and two bills, SB 858 and HB 1013, would make DST permanent. Both the House and Senate proposals ask Congress to grant Florida the right to pick one time zone for the entire state.

American Heart Month Coming to a Close

February is history (almost), but that doesn't mean your heart is going on a break. Heart health is a year 'round commitment.

To help you get a better understanding of what you should know, try these quizzes. They're fun and informative.



We would like an opportunity to provide a no obligation consultation to review your company health benefits. Our Benefit Consultants have the resources to inform and guide you through the processes and requirements involved in group benefit packages, including health insurance, payroll, and many other HR decisions. Let us help you.

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