



Florida Insurance Brokers, simplifying a complicated subject like insurance and helping you design a benefit package that will attract and maintain a healthy, talented workforce.



Health Tips: Little Things, Big Differences— <https://healthylife.com/2022cal/>



The release of tears – whether happy or sad – helps release stress.



Do a relaxation technique every day. Focus on the present moment. Take at least 10 minutes every day to calm your mind.



Manage stress so you can focus on what matters most to you. Take care. Eat healthy and exercise regularly. Get enough sleep.



15 minutes of midday sunshine on your skin (without sunscreen) may meet your daily vitamin D needs.



Life throws unexpected things at everyone. One thing is certain: We can't control many of these challenges. But they don't have to define who you are.



LOL (laugh out loud). Studies show that hardy laughter improves blood flow, reduces stress, lessens pain, and burns calories.

Brain Health

The latest research shows that high fructose corn syrup (HFCS) is not only addictive but can cause behavioral reactions similar to those produced by drugs such as cocaine. Did you know that drug addicts and high fructose corn syrup users – use the same (overused) brain circuits? When addicted to powerful substances – you can literally burn out the brain from over-simulation. So, when you consider that a healthy brain is essential for learning, memory, and emotional wellbeing – it's no wonder we have so many health problems from these unnatural sweeteners.

Cell Phone RFR

More than 90 percent of American adults own a cell phone. While most people don't think twice about using devices that expose their bodies to radiation in the form of radiofrequency waves or RFR, a spate of recent studies suggest that the widespread use of wireless technology presents a range of severe health risks. The World Health Organization recommends keeping wireless devices at least 30 to 40 cm away from the body at all times during use to minimize RFR exposure.



**Our Benefit Consultants have the resources to inform and guide you through the processes and requirements for offering group health insurance. Our online tools and enrollment system, along with a *personal touch*, help ensure benefit administration is done right. Let us help you.**