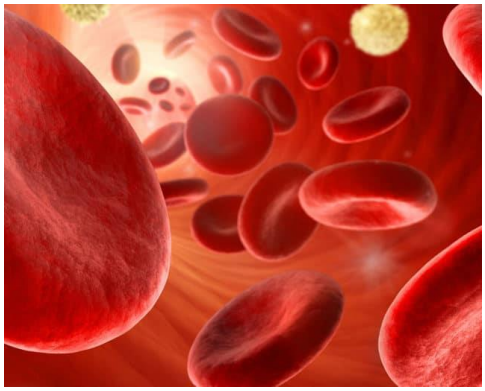
JANUARY 2020



Florida Insurance Brokers, *simplifying the complicated subject of employee benefits and helping you design benefit packages that will attract and maintain a talented workforce.*

National Blood Donor Month



Why give blood?
Five health benefits from donating blood:

- Free blood tests – donated blood is tested and donor can asked to be informed if any irregularities are found.
- Satisfaction of saving human lives
- Calorie burn – Blood donation process burns 650 calories – about the same as an average spin class!
- Reduced risk of heart disease – helps eliminate excess buildup of iron in the blood
- Reduced risk of cancer – also due to reduction of excess iron buildup in the blood

Link to Additional Resources

Did You Know?



- Today, lighting fireworks on New Year's Eve is a common custom in many countries.
- The Chinese are credited with inventing fireworks and use them to spectacular effect in their New Year's celebrations.
- The Times Square New Year's Eve Ball was first dropped in 1907 after fireworks were banned.
- 2,000 pounds of confetti are dropped onto the crowd in Times Square (New York) at midnight.

Link to Additional Resources

New Year's Resolutions



Every year, millions of people make New Year's resolutions, hoping to spark positive change. However once the glow of a fresh new year wears off, many people struggle to make good on their plans.



If you want to realize your New Year's resolution this year, follow these 10 steps:

1. Mentally prepare for change
2. Set a goal that motivates you
3. Limit resolutions to a manageable amount
4. Be specific

SMART goal setting framework can help you craft better goals-

- Specific
- Measurable
- Attainable
- Relevant
- Time-sensitive

5. Break up big goals into smaller goals
6. Write down your goals
7. Share your resolutions with others
8. Automate where possible
9. Review your resolution regularly
10. If you fall off track, get back on quick

Read More...

Our Benefit Specialists have the resources to inform and guide you through the processes and requirements for offering a group benefits package. Online tools and enrollment, as well as, that *personal touch* help ensure benefit administration is done right. Let us help you.

BENEFIT ADMINISTRATION DONE RIGHT!

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