



October 2017 Issue

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Non-Profit Organizations We Support

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Dear Theresa,

New Executive Order & Insight on the Employer Mandate



President Trump signed an Executive Order ("EO") on October 12, 2017, directing various federal agencies to take regulatory action that will "increase health care choices for millions of Americans."

Along with the EO, the Administration issued a press release and some internal talking points that provide helpful insight into what the agencies are directed to review. Read more [here](#) to learn how it affects employer

Quote of the month

"Age is irrelevant,
you are never too old
to set another goal
or to dream a new dream."

- C.S. Lewis

**In case you missed it, our
Experts Corner Archives**



Jerry Wade
of
Reilly Financial
Group

Click [here](#) to read about Jerry.

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sponsored plans, whats next, and employers are recommended to know going forward.

The Experts Corner

This month we'd like to introduce you to Rob Kleegeer, Founder & Managing Director of Digital 4NX.



Rob Kleegeer
Digital 4NX Founder
& Managing Director

Background: Rob Kleegeer is the Founder & Managing Director of Digital4nx Group, Ltd., a boutique firm which offers regional digital forensic investigation services for plaintiffs and defendants in various civil and criminal legal matters. Digital4nx Group provides Digital Forensic Investigations, Electronic Discovery Consulting and Advisory Service, Incident Response to Data Breaches and Cyber Security services.

Please [email me](#) if you're interested in learning more.

10 Questions Every Woman Should Ask About Menopause



At some point in a woman's life, she will go through the life transition of menopause. Menopause is when a woman has not had a menstrual cycle for one year. It is a normal condition all women will experience as they age and will mark the end of her reproductive

years. [Read more](#)

Turning Negative Thinkers Into Positive Ones

In her newest book, "Love 2.0," Dr. Fredrickson reports that "*shared positivity - having two people caught up in the same emotion - may have even a greater impact on health than something positive experienced by oneself.*" [Read more.](#)



Gaining Weight Despite Your Best Efforts



Let's face it - nobody, and we mean nobody, likes being overweight. Unfortunately, the universe often has different plans for us. Blame it on age, a slower metabolism, or gravity. Whatever the case may be, many of us gain weight no matter how hard we try to stay fit. [Read more](#)

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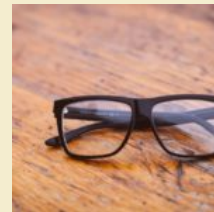
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Training Your Brain So That You Don't Need Reading Glasses

By middle age, the lenses in your eyes harden, becoming less flexible. Your eye muscles increasingly struggle to bend them to focus on this print.

[Read more](#)



Non-Profit Organizations We Support



The mission of the [Zzak G. Applaud Our Kids Foundation Inc.](#) is to provide the opportunity for children to creatively express themselves by taking lessons in the various disciplines of the performing arts.

Our goal is to give underprivileged children the opportunity to pursue their dreams when the inspiration is first ignited in them. Please [click here](#) to learn more about this amazing Foundation!

Follow them on [Facebook](#), and please consider visiting their [CrowdRise](#) page to show your support. Thank you!

For more health news and updates, head over to our [Facebook](#) page or connect with me on [LinkedIn](#), where we upload blog posts weekly.


Look to our [blog](#) for some tips on how to stay safe and healthy, during the fall season.

Sincerely,
Theresa

We're here to help you protect the important things in life.



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