

Live Well, Work Well Newsletter – July 2018

We're sharing the July 2018 Live Well, Work Well newsletter which our Insured Benefits Division sends to our clients. [Here is a PDF.](#)

This month's topics:

- A call by the World Health Organization for a ban on Artificially Produced Trans Fat.
- Don't use wet as an indicator for a successful workout.
- Smarter snacking.
- A recipe for Velvet Lemon Supreme.

If this is something you would like to receive in your inbox each month, email [Sherree Craig](#) with your request.

Live Well, Work Well – September 2016

Health and wellness tips for your work and your life. In the September edition:

- Green Tea
- Taking Responsibility for Your Retirement Fund
- Pokemon Go: Advice for Parents
- Summer Squash, Italian Style

[Live Well Work Well – September 2016 \(PDF, new window\)](#)