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Fall health and safety checklist

As cold and flu season is upon us and the COVID-19 situation continues to evolve, it's more important than ever to keep up with health and safety measures. Here is a simple checklist to consider.

[Find out more >>](#)



Get reacquainted with yourself

What's your "why?" What motivation drives you through each day? The answers to these questions can help you increase your self-awareness and live a more purposeful life. Understanding your "why" can also improve your confidence, help you manage stress and serve as a source of empowerment. As we find ourselves home more frequently due to COVID-19, it can be an excellent opportunity



Timely tips for smoother money talks

For many couples, talking about money is not always the easiest discussion even in the best of times. During periods of economic uncertainty brought on by the pandemic, the conversation can be even more challenging. Here are some suggestions that can help make the discussion go more smoothly during this difficult time.

to get reacquainted with yourself by practicing self-awareness. Try these exercises!

[Read now >>](#)

[Learn how >>](#)



Breast Cancer Awareness Month

Other than skin cancer, breast cancer is the most common cancer among American women, according to the Centers for Disease Control and Prevention. Learn about the risks, symptoms and how screening helps find cancer when it's easiest to treat.

<https://www.cdc.gov/cancer/dcp/resources/features/breastcancerawareness/index.htm>



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