

STITH & ASSOCIATES HEALTH INSURANCE AGENCY, INC.

February 16, 2023

Monthly Newsletter

WE ARE LOOKING FOR VENDORS

We are planning our annual Community Day for Aug. 5 at 10am. We have an amazing day planned!

If you are in need of a mammogram and/or would like to become a vendor, contact marketing:

NEdmondson@stithhealthinsurance.com

February is American Heart Month

10 Tips for a Healthy Heart:

Stop smoking, Know your numbers, Screen for diabetes, Get active, Build some muscle, Eat smart, Limit junk, Stress less, Sleep more, and SMILE!

<https://www.bioiq.com/10-tips-for-a-healthy-heart/>

WE OFFER MORE THAN MEDICARE

- Employee Benefits
- Individual Health
- Life Insurance
- Travel Insurance
- Dental Insurance
- Vision Insurance
- Small Groups

We are also
licensed in...

- Alabama
- Arizona
- California

DID YOU KNOW?

If you were born on the 1st of ANY month, then your Medicare starts on the month PRIOR TO your 65th birthday.



Upcoming Events:

March 22: 3pm

Medicare Basics
(ZOOM)

May 6: 10am - 12pm

Shredding Event

May 6: 11am - 12pm

Medicare Basics

August 5: 10am - 4pm

Community Day (ask about
the Fox Chase Cancer
Center's Mobile
Mammography)

[215-884-5580](tel:215-884-5580)

<https://www.stithhealthinsurance.com/>