

Independence 

Independence Edge

Healthy You!

[Healthy You!](#) is a monthly newsletter of reliable health information that educates and enlightens members on a wide variety of health topics. An “at your fingertips” resource, it includes modern magazine-style content, trending topics, and nutritious recipes to engage and entertain members. Learn more about our October hot topics [here](#).

Feel free to share this resource with your workplace to encourage achieving better health.

Yours in good health,

Jim McManmon

james.mcmanmon@ibx.com

215-241-2133