

# NEWSLETTERS

**Group News** is a monthly newsletter written by HR Professionals with a focus on group benefits. We work hard to keep you informed in the ever changing world of HR.

Articles cover topics such as:

- Health Benefits
- Health and Safety
- Health and Wellness
- Legislation
- Human Resources Management

Also, make healthy eating part of your corporate culture with **Nutrition News**, a monthly nutrition-based e-newsletter.

- Credible information hand-selected by a Registered Dietitian
- Designed to forward to employees
- A new theme each month
- Features
  - o A healthy recipe
  - o News articles
  - o A monthly tip

