



THE FEED

CENTRAL CALIFORNIA ASSOCIATION
OF HEALTH UNDERWRITERS

A Message From the President:

"Yay! It's 2021! Now What?"

For many, the start of a new year comes with a renewed sense of hope, a newfound motivation, and the feeling that the worst is behind us and the future is bright.

But, is the worst behind us? Is the future brighter?

The truth: it doesn't matter..... [continue reading](#)



CCA HU FEBRUARY VIRTUAL EVENT: GET BALANCED



DR. RACHEL YANKEY, MD
SAINT AGNES MEDICAL
CENTER AMERICAN HEART
ASSOCIATION



BRAD LIEBE
PROFESSIONAL SPEAKER,
COACH & COO AT PEOPLE'S CHURCH



MARK TUCKER
CHAMPION CYCLIST,
VP AT ALLIANT INSURANCE

OPPORTUNITY DRAWING TO SUPPORT
THE AMERICAN HEART ASSOCIATION

THURSDAY FEB 18th @ 11:30AM
ONLINE VIRTUAL EVENT

Let's Get Balanced in February

This month we want to take care of You. You are important to us, to your family, to your company and to your community. We are bringing you an event to refresh your life balance, your motivation, and your outlook. Join our 3 car

[Register Now](#)

February Charity Spotlight

This month's charity spotlight is the American Heart Association. When you donate to the American Heart Association, you're joining the fight against our nation's No. 1 and No. 5 killers — heart disease and stroke. Your donation helps fund lifesaving research, advocate for better health, improve patient care and reach at-risk populations. Feb 5th is Match My Gift Day. [Click to learn more](#)



Wear Red and Give Day



When you hear, read or watch news about an outbreak of an infectious disease, you may feel anxious and show signs of stress. That anxiety and stress may be especially elevated working in the healthcare field as your job may require you to be on the 'front lines' to help fight and prevent the spread of the disease.....read more...

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Tips for Staying Positive and Healthy During the Pandemic

For many people, the pandemic has caused disarray and uncertainty, and it is easy to become anxious and skeptical. However, there are many things we still have control over, and one of those is our attitude. A positive attitude can go a long way in times of stress. Author Charles Swindoll said, "Life is 10% what happens to me and 90% how I react to it." Consider these tips to stay positive and healthy.....[continue reading](#)

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