



e-Vitality

MONTHLY NEWSLETTER

Employees who are healthy and regularly exercise are less likely to suffer a workplace injury or illness. Help promote the benefits of a healthy lifestyle for your employees!



e-Vitality's monthly newsletter is filled with practical, easy-to-read health tips for all facets of life.

Learn about:

- Ways to improve nutrition
- Activity levels to promote a long and healthy life
- Tips to boost your productivity
- News of the latest health trends
- Guides to finding useful health information on the web
- And much more



 **Vitality**[®]

FREE to policyholders directly from

www.TheZenith.com/e-vitality 

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