## STITH & ASSOCIATES HEALTH INSURANCE AGENCY, INC.

Monthly Newsletter



## April is National Stress Awareness Month

Many of us are facing challenges that can be stressful and overwhelming. Learning to cope with stress in a healthy way will help you, the people you care about, and those around you become more resilient. Look into ways to handle stress! April 15, 2024

Our Annual Community Day will be held on August 3, 2024, 10am. Contact us if you would like to be a vendor or donate a raffle basket!



Are you 65+? PA resident? You may qualify for prescription assistance eligibility?



Check out more resources: https://tinyurl.com/2wyhns3e







- Insurance Agents
- Savvy Administrative Assistant