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Happy New Year...It's All About Life

The Legacy Group Newsletter - January 2013

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Welcome To The 2013 The Legacy Group Newsletter!

Happy New Year to clients and friends of The Legacy Group! Thanks to your support and the many talents of our expanding team, The Legacy Group has been *growing rapidly* to meet all your insurance needs. We now offer over 50 insurance carriers with a wide variety of coverage options for Home, Auto, Health, Life, Business and Financial Strategies. The Legacy Group is **your** full service insurance agency. We are here to provide **you** with the service and support **you** need to make the best choices for **you** and **your** family.

As we *grow*, it is important to us that you are informed of all agency changes, new offerings, new team members, special events and the latest insurance information. This is the purpose of our monthly newsletter....that and to share some fun stories, facts and helpful hints. We hope you enjoy our monthly communication and have a great 2013.

It's All About Life...

The investments we make in our education and career development, the long hours and calculated risks are for one reason - to provide for our families. We want to ensure they are supported, flourish and have every advantage we can afford. Planning for our family's future is **only complete** once the appropriate Life Insurance product is in place to help fulfill these dreams.



- How much Life Insurance is enough?
- When do I use Long Term Disability?
- How can I leverage my investments to fully fund the right Life Insurance policy?

There are many great questions around the various Life Insurance products and **Aimee** has the answers.

Aimee Bachna is a Life Insurance Specialist who can answer your questions and provide you and your family with the Life Insurance coverage you need.

- **Aimee** is licensed in Life, Health, Personal Lines and Annuities since 1997
- **Aimee** holds a Bachelor's of Business Administration from Ursuline College in Pepper Pike, Ohio
- **Aimee** lives in Westlake and works in our Chagrin Falls office
- **Aimee** can be contacted at our office at 440.543.0534 or by email at [http://aimee.bachna@legacyhb.com](mailto:aimee.bachna@legacyhb.com)

Make 2013 the year all your questions are answered and you ensure your family has enough of the right coverage.

Recipe For A Healthy Life

Did you know **one salad a day** can have a significant impact on your health? The UCLA School of Public Health released a study detailing how awesome just one salad a day is for the immune system and fighting chronic disease (to learn more see <http://www.healthline.com/health-blogs/family-fork/salad-day-keeps-doctor-away>).

Salad in winter in Ohio? You bet - not just lettuce and tomato, but fruits, nuts, beans, avocados and meats. The Roasted Butternut Squash Salad with Warm Cider Vinaigrette is a favorite in our office, give it a try, see this salad recipe and more at [www.http://www.foodnetwork.com/recipes/in-a-garten/roasted-butternut-squash-salad-with-warm-cider-vinaigrette-recipe/index.html](http://www.foodnetwork.com/recipes/in-a-garten/roasted-butternut-squash-salad-with-warm-cider-vinaigrette-recipe/index.html). **Get Toss'n!**

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