

## Retirement Insights for September



### September Is Life Insurance Awareness Month

Misconceptions about the cost and scope of coverage can be common. Life Insurance Awareness Month provides resources to educate the public and promote informed decision-making.

[Read more](#)



### The Art of "Forest Bathing" - A Meditative Moment in the Great Outdoors

Shinrin-yoku, or forest bathing, refers to spending time in a forest environment, which has been found to have positive effects on mental and physical health.

[Read more](#)

### Quote of the Month

"You must learn from the mistakes of others. You can't possibly live long enough to make them all yourself."

-Sam Levenson



Sam Kaplan received his bachelor degree at the Gas South Arena in Duluth GA. Credit: Rod Reilly / Georgia Gwinnett College

### On the Bright Side

A 72-year-old man named Sam Kaplan recently earned his undergraduate degree in Cinema and Media Arts from Georgia Gwinnett College, becoming the first among his seven siblings to receive a bachelor's degree.

[Read more](#)

### Further Insights

- Health Tip: Lean "fuels" may make losing fat a little easier
- Did You Know?
- Brain Teaser

[Read more](#)

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