



## Your monthly news & updates

News from your friends at Family Insurance!

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## Tips to Keep Your Car in Good Shape

Keeping your car in good shape is vital to the safety of yourself and your passengers. Also, keeping up with your car's maintenance can save you money in the long run. Below are a few quick tips to help

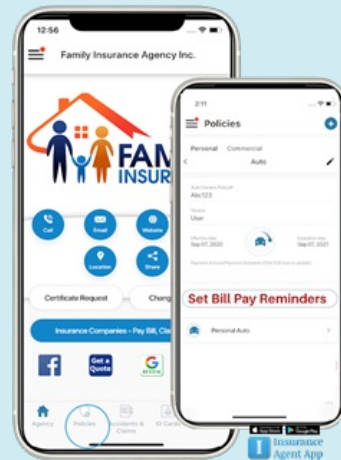
keep your car in the best shape possible!

[Click here](#) to read our full blog post!

## Our new app FUN FACT!

Did you know in our new app you can set bill pay reminders so you never miss a payment! Download today to see everything our app can do for you!

[Click here](#) to download our app today!



## MARCH IS NATIONAL NUTRITION MONTH!

National Nutrition Month is an annual campaign created by the Academy of Nutrition and



Dietetics. During the month of March, everyone is invited to learn more about making informed food choices and developing healthful eating and physical activity habits!

[Click here](#) to learn more about nutrition!

## Strawberry picking in Johnston County is about to begin!

April is right around the corner and that means it's almost strawberry season. Picking strawberries is a great family activity and a great way to support local farmers!

[Click here](#) to find farms in the area to visit!



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