



FAMILY
INSURANCE

Your monthly news & updates

News from your friends at Family Insurance!

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Good Sleep Habits

Sleep deprivation can have a significant impact on both your mind and body. In addition to perpetuating serious health conditions, lack of sleep can negatively affect your mood and temperament, as well as your ability to focus on daily tasks.

To learn more about healthy sleep habits [click here](#) to read our blog post!



March Triangle Events

Get ready to put some spring in your step & check out some of these events in the Triangle area!

2020 INDYpendent Local Craft Beer Festival

3/1/2020 | 2:00pm-6:00pm

Durty Bull Brewing Company

206 Broadway St #104, Durham, NC

Taste and vote on 24 local beers. Hear directly from the brewers below in this intimate setting and find out what's on the tap horizon. Attendees will receive a voting card to rank their favorite beers. The top 6 beers will advance to the final round for additional tasting and voting. [Click here](#) for full details.



BrickUniverse LEGO Fan Expo

3/7/2020 | 9:00am-5:00pm

Raleigh Convention Center

500 S Salisbury St, Raleigh, NC

Choose from Saturday or Sunday admission, and experience hands-on LEGO attractions and activities built to inspire, educate and entertain. Enjoy LEGO creations to view, building zones to unleash creative energy, guest speakers and more in the LEGO theater, and vendors selling the latest LEGO sets, mini-figures and accessories. Purchase tickets online for either the 9 a.m.-1 p.m. or 1-5 p.m. session. [Click here](#) for full details.



Raleigh St. Patrick's Day Parade and Festival
3/14/2020 | 10:00am-7:00pm
400 Fayetteville Street
Raleigh, NC

The Raleigh St. Patrick's Day Parade and the Wearin' 'O the Green Festival celebrate the great St. Patrick and Irish and Celtic Traditions. The festival has lots of food and drink, activities for kids on Leprechaun Lane. [Click here](#) for full details.



February is African-American History Month



February is African-American History Month, a time to remember and honor important people in history that helped shaped our country into what it is today! [Click here](#) for 10 facts about African-American history you probably didn't know!

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