

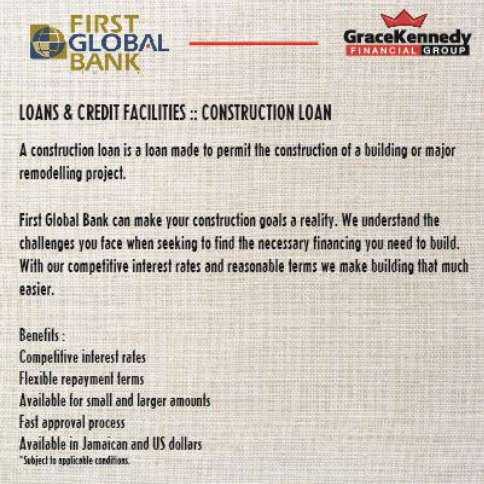



GRACEKENNEDY FINANCIAL GROUP BLOGGING SCHEDULE APRIL 24TH TO 25TH AND 28TH AND 29TH

DAYS	9 AM	11AM	1PM	3PM	5PM
THURSDAY	<p>Good Morning Fans!</p> <p>Our elders always say “every mikkle mek a mukkle”, so let’s save even \$50 a day for a “rainy day”</p> 	<p>Hey Fans!</p> <p>Do you know whether stay at home parent’s need life insurance?</p> <p>Tell us whether this is a myth or fact and look out for the answer at 5PM</p> 	DAILY FX TRADER RATES	<p>@First_Global Bank can help you get your very own roof over your head. Stop by soon to discuss getting your construction loan!</p> 	<p>As a stay-at-home parent you do need life insurance! Visit @JIICFans and start a conversation about your life insurance options!</p> 
FRIDAY	<p>Are you a contractor?</p> <p>@JIICFans has you covered. Call JIIC today at 1- 888-438- 5442 to learn more about our Contractors All Risk Facility!</p>	<p>A strong body makes a strong mind...we encourage you to exercise regularly for a healthy lifestyle!</p>	DAILY FX TRADER RATES	<p>Let’s discuss your Financial Matters! Tune in to @Nationwide News Network to hear from our friends at @JIICFans</p>	<p>Come hear the brilliant students deliver their arguments as they debate the moot “Be it resolved that the drug testing of track and field athletes has gone too far” in the 2014 edition of the Western Union I-</p>



CONTRACTORS ALL RISK

For Construction Projects

Covers All risks of physical loss or damage to the property that is under construction. Insurers are particularly interested in previous jobs completed satisfactorily, physical hazards of the construction, the duration of contract, security of the contract site and the type of contract work.



Exercise more.

Go for a walk or a jog each evening, and practice stretching and some light muscle exercise at home. These exercises can be done at home for very little, meaning you've got an activity without a lot of cost, and the health benefits are enormous. Just set aside some time each day to get some exercise, and your body and wallet will thank you.



What sets us apart in the Insurance Industry?
(Customer Experience and the JIIC Brand)

Monday, April 28, 2014

Elizabeth Chung
Brand Customer Experience and Innovation Manager, JIIC



Pledge Debating Competition!

This year the winning team will receive a grand prize of three hundred thousand dollars to assist in a school enhancement project of their choice, courtesy of Western Union.



**I-PLEDGE
DEBATING COMPETITION
ROUND 1**

MAY 8, 2014 – DAY 1

DEBATE 1 - 9:30-10:30 AM
NAGGO HEAD PRIMARY VS. GREATER PORTMORE PRIMARY

DEBATE 2 - 10:45-11:45 AM
HOWARD COOKE VS. ASCOT PRIMARY

DEBATE 3 - 12:30-1:30 PM
MANDEVILLE PRIMARY VS. MARLIE MOUNT PRIMARY

DEBATE 4 - 1:45 – 2:45 PM
BLACK RIVER PRIMARY VS. WINDWARD ROAD PRIMARY


VENUE: MULTIFUNCTION ROOM,
GRACEKENNEDY HEAD OFFICE, 73 HARBOUR STREET, KINGSTON

MONDAY

Happy Monday Fans!

Make the "JIIC Connection" today and check out the @GoJIIC "JIIC Connection" newsletter!

https://issuu.com/eazineslimited/docs/jiic_connection_april_11-3/8?e=0



WESTERN UNION
moving money for better

GraceKennedy FINANCIAL GROUP

INBOUND (RECEIVING MONEY)
With Western Union you can receive money transfers from abroad anywhere on the island. Once the money is sent, it is generally available in minutes and paid in local currency. In some countries, your sender may have the option to make the funds available the next day.

DAILY FX TRADER RATES

The new month is fast approaching and it's the perfect time to establish a new budget to live your prime life!

Are you looking for an effective way to establish a budget? Beginning on the first day of a new month, get a receipt for everything you purchase. Stack and review receipts at the end of the month, and you will clearly be able to see where your money is going.



Calling all Middle Managers!
Come on out to the 'Middle Managers Conference on April 29 to 30. This year's conference will be held under the theme, The Heart and Hub of Enterprise's <http://ow.ly/w5iRM>

TUESDAY

Let's run for a great cause on July 6th! Sign up here for the @GraceKennedyLimited Educator Run! <http://ow.ly/w5lbS>



MARK THE DATE

JOIN US ON:
JULY 6, 2014

5K // RUN // WALK // WHEELCHAIR

DOWNTOWN KINGSTON

RACE START TIME: **6:30 AM**

GraceKennedy EDUCATION RUN


Investing in our Youth
Proceeds in aid of funding education programmes for inner-city children
Visit www.gracekennedy.com, telephone: 030-3200000-0300
or e-mail jkcm@gracekennedy.com for further details

Unleashing Jamaica's Potential

DAILY FX TRADER RATES

Did you know that @Allied Insurance Brokers offers Marine, Aviation and Transport Insurance?

Visit <http://www.youraib.com/> to learn more about the benefits of this type of insurance?



ALLIED INSURANCE BROKERS

GraceKennedy FINANCIAL GROUP

Marine, Aviation and Transport Insurance -

Do you own a watercraft or an aircraft? Have goods transported via land or sea? Then you might want to consider one of the following types of insurance Marine, Aviation or Transport.

Hull (Ships and Aircrafts) - The insurance on a ship is referred to as Hull Insurance.

Cargo - A contract of marine insurance on goods in transit may be extended to cover the goods from the time they leave the supplier's warehouse until they reach the warehouse of the consignees.

Freight - loading and unloading of the cargo

Transport Risks (by rail, road, sea, air) - carrying goods from warehouse to port and vice versa.

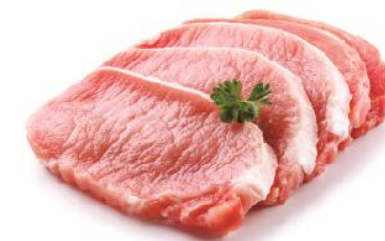
Port Risks - safety of ship while at the port

Pleasure & Commercial Craft/Boats - why not insurance for your yacht or Jet Ski

Airport & Marine Terminal Operators Liability - insurance for damage to cargo and the property of others while at these facilities

Eat less meat! Not only is this a healthy alternative, but it will save you extra money to live your Prime Life!

Eat less meat.
For the nutritional value, meat is very expensive, especially as compared to vegetables and fruits. Simply change around your regular meal proportions to include more fruits and vegetables and less meats – eat a smaller steak and a bigger helping of green beans, for example. Not only is this a healthier way to eat (saving on health costs), it's also less expensive.



We pledge excellence! Save the date on your calendar for Day 2 of the Western Union I- Pledge Debating competition!



moving money for better

I-PLEDGE DEBATING COMPETITION

ROUND 1

MAY 9, 2014 – DAY 2

DEBATE 1 - 9:30- 10:30 AM

CORINALDI AVENUE PRIMARY VS. MAY PEN PRIMARY

DEBATE 2 - 10:45-11:45 AM

ST. GEORGE'S GIRLS PRIMARY VS. OCHO RIOS PRIMARY

DEBATE 3 - 12:30-1:30 PM

ST. RICHARD'S PRIMARY VS. HIGHGATE PRIMARY

DEBATE 4 - 1:45 – 2:45 PM

DUNROBIN PRIMARY VS. GEORGE HEADLEY PRIMARY

VENUE: MULTIFUNCTION ROOM,
GRACEKENNEDY HEAD OFFICE, 73 HARBOUR STREET, KINGSTON

WEDNESDAY

Happy Wednesday Fans! Green is the way of the future and @First Global Bank is committed to getting you there.



GO GREEN ENERGY SAVER LOAN

With an increased focus on consuming renewable energy, as well as reducing one's energy costs, more individuals and businesses are reviewing the type and amount of energy they consume both at work and home. In support of this thrust, First Global Bank is pleased to offer its Go Green Energy Saver Loan, which provides financing for both businesses and individuals, to introduce renewable energy solutions such as:

- Solar water heaters;
- Photovoltaic (PV) panels;
- Bio-digesters; and
- Wind Turbines.

These may used for either businesses or residences.

This loan is being offered on secured basis to either individuals or businesses.

DAILY FX TRADER RATES

Bringing lunch to work is an easy way to save more money and live healthier as you have control over your portions. We try to help you live your Prime Life!

Bring lunch to work. If buying lunch at work costs \$500, but making lunch at home costs only \$250, then in a year, you could afford to create a \$50,000 emergency fund and still have money left over.



SHARED POST from GraceKennedyLTD

Don't overspend on hygiene products! This tip will help you save a little extra cash and live your Prime Life!

Don't overspend on hygiene products. For most people, inexpensive hygiene products do the trick – for example, I just buy whichever toothpaste is the cheapest, and the same goes with deodorant and the like. The key is to use this stuff regularly and consistently – bathe daily, keep yourself clean, and you'll be just fine. No need to buy a \$400 facial scrub if you actually scrub your face properly.



--	--	--	--	--	--

GRACEKENNEDY FINANCIAL GROUP TWITTER BLOGGING SCHEDULE APRIL 24-25th AND 22 AND 23rd

DAYS	8AM	10AM	12PM	2PM	4PM
THURSDAY	9 Ways to Make Your New Boss Regret Hiring You - http://ow.ly/w3xFg	@First_Global is unearthing Master Minds! Here are the highlights of the Master Minds Quiz Competition http://ow.ly/vU8Gb	College Planning: 7 Financial Mistakes to Avoid http://ow.ly/w3wVn	RT@ImageNews Black Gold & Green gets big boost from Grace at #PennRelays http://mad.ly/deffb4 pic.twitter.com/B4vfxczWqA	Make the @GOJIIC Connection" today and check out the JIIC Connection" newsletter! http://ow.ly/w5wJP
FRIDAY	Let's discuss your Financial Matters! Tune in to @Nationwide News Network to hear from our friends at @GOJIIC	10 Reasons They Haven't Contacted You After a Job Interview http://ow.ly/w3x1G	RT@unicefusa @WesternUnion is committed to #bettereducation by supporting @UNICEF programs in Jamaica, Nigeria and Turkey: http://unf.us/1aVVCdC	5 Ways Debt Is Holding You Back - http://ow.ly/w3xjh	
MONDAY	What Happens When Your Dream Job Isn't So Dreamy? WSJ Live - http://ow.ly/w3wUy	5 Online Calculators to Help Organize Your Personal Finances http://ow.ly/w3y9Z	The #WesternUnion I- Pledge Debates is scheduled for May 8- 9 2014!	5 Sneaky Ways to Build Your Savings http://ow.ly/w3xAl	5 Ways to Put Financial Advice Into Practice - http://ow.ly/w3y9f
TUESDAY	Let's run for a great cause on July 6 th ! Learn more about the @GraceKennedyLimited Educaton Runhere: http://ow.ly/w5lbS	RT@GK_Foundation We always say it takes a village to raise a child! Let's be a part of great villages to raise children. http://fb.me/2vb9ufLni	14 Mind Tricks To Help You Save More And Spend Less - http://ow.ly/w3wVA	RT@GoJIIC #HomeSweetHome Don't show off your purchases! Don't attract the interest of thieves by leaving packaging... http://fb.me/2gEIQZUa5	12 Reasons Warren Buffett Is an Incredible Investor and How You Can Learn From Him http://ow.ly/w3xKV
WEDNESDAY	Come on out to the 'Middle Managers Conference on April 29 to 30. This year's conference will be held under the theme, The Heart and Hub of Enterprise's http://ow.ly/w5iRM	Customer Service Beliefs that Can Hurt Your Business - http://ow.ly/w3wVR	RT @First_Global You can never start too early to save for your college education, dream home or even your retirement. Call... http://fb.me/1oYl6J69y	Budgeting 101: A Guide to Keeping Track of Your Finances http://ow.ly/w3xGa	The closest thing to a sure thing for you and your money - http://ow.ly/w3xvg