



first degree PR

CUT THROUGH THE NOISE

Celebrating all things health and wellbeing!

As a PR company we're always on the lookout for the latest trends and recently we've noticed a surge in popularity for all things health, fitness and general wellbeing (we're looking at you #fitspos). So, this month we're putting our First Degree PR spin on wellbeing. Hint: we'll be delving far deeper than your average healthy eating and fitness regimes.



When was the last time you gave your business a marketing health check?

Say ahhhhhh.



Is social media one of today's biggest time-wasters

Warning: the results may not shock you.



Not all sweet treats have to be bad for you!

Behold the super-honey.



Studies show our fashion choices can impact our emotional wellbeing

Retail therapy is not a hoax.

Plus hear from our all-star intern, Madelaine Wong!



It's healthy to try out new things, but when it comes to dating how far will you go?

To Tinder or not to Tinder...

And in other news...



[We support Kiva](#)

With this month's [Kiva loan](#), keeping in line with our health and wellbeing theme, we're supporting the Paxixil Group in Guatemala. With our help, the Paxixil Group will purchase popular medicines and sundries for customers in her community.

Monthly dose not enough? Check out our [Facebook](#), [Twitter](#) and [LinkedIn](#) pages.

The fine print: We disclaim nothing. In fact, we're quite proud of our newsletter!

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