

The Client Connection

The Markets

Second quarter ended with a spectacular finale of Brexit-inspired market volatility.

Investors typically welcome sharp market movements with about the same level of enthusiasm that canines show for fireworks. However, recent market agitations highlighted a key tenet of investing: Volatility often creates opportunity. Following an initial Brexit sell-off, global markets rebounded.



[Click here to read the entire article.](#)

The Best Free Health and Fitness Apps

Getting in shape is only a download away.

Sometimes all it takes to change behavior is a gentle nudge. And when that nudge is as close as the smartphone in your pocket, so much the better. You can spend lots of money on fancy workout programs and diet plans-or you can download one of these free health and fitness apps.



[Click here to read the entire article.](#)

MLB All-Star FanFest

In partnership with the San Diego Padres and the City of San Diego, the San Diego Convention Center is proud to be a part of the 87th Major League Baseball All-Star Week this July.

The center will serve as home to MLB All-Star FanFest, a full-



facility multi-day baseball fan convention!

MLB All-Star FanFest begins Friday, July 8 to Tuesday, July 12, 2016
Hours: Friday-Monday, 9 am - 8 pm; Tuesday 9 am - 6 pm

[Click here to find more information on the All-Star events.](#)

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(619) 554-1300



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