National Eating Healthy Day Planned

During another mid-year celebration, the American Heart Association (AHA) will once again host National Eating Healthy Day on Wednesday, November 1, 2017. The event aims to bring attention to the importance of good nutrition and help raise awareness of the importance of good nutrition. Celebrating National Eating Healthy Day is fun and easy. Here are some ways to have healthy celebrations at your workplace:

- Encourage veggies and low-fat snacks to be served at all meetings.
- Focus on fun rather than food.
- Provide healthier food options at your workplace deli.
- Send employees home with healthy fall treats.

The Centers for Disease Control and Prevention (CDC) recommend that adults eat at least five servings of vegetables and fruits daily. These recommendations can be applied to most meals, snacks, and beverages to help prevent heart disease and stroke. National Eating Healthy Day is an excellent opportunity to bring awareness to the importance of good nutrition and the benefits of a heart-healthy lifestyle.

Eating healthy is more than just eating the right things; it also is about lifestyle. It requires a commitment to making recommendations a priority, and it must become a way of life. To encourage this mindset, the AHA is encouraging people to consider the following tips:

- Create a healthy environment at home and at work.
- Make healthy choices for your employees.
- Encourage employees to participate in physical activity.
- Offer healthy food options at all meetings and events.
- Promote healthy lifestyles to your employees and their families.

National Eating Healthy Day will be observed on Wednesday, November 1, 2017.

Wear Pink Day

Thursday, October 19, 2017

Wear Pink Day is a great opportunity to speak with coworkers, family, and friends about breast cancer awareness. The Centers for Disease Control and Prevention (CDC) estimate that one in eight women will develop invasive breast cancer at some point in her lifetime. There are different types of breast cancer and they can impact people in different ways. It is important to know the signs and symptoms of breast cancer.

- Difficulty concentrating, remembering, and making decisions.
- Difficulty sleeping, fatigue.
- Restless legs and uncomfortable sensations in the legs.
- New or unusual discharge from the nipple or irritation, scaliness, or a rash in the area of the breast.
- Nipple inversion, pain or tenderness, or a lump or thickening in the breast or underarm.
- Changes in the size or shape of the breast or nipple.
- Redness or dimpling of the skin on the breast.
- Skin irritation or scaliness.

Know the signs and symptoms of breast cancer.

Depression is More Than Feeling Sad

It really is easy to incorporate wellness into our days and bring awareness to the importance of good nutrition and the benefits of a heart-healthy lifestyle. To encourage this mindset, the AHA is encouraging people to consider the following tips:

- Create a healthy environment at home and at work.
- Make healthy choices for your employees.
- Encourage employees to participate in physical activity.
- Offer healthy food options at all meetings and events.
- Promote healthy lifestyles to your employees and their families.

Depression is usually treated with medicines and/or talk therapy (psychotherapy). Typically, antidepressant medications are used. They help to change the balance of chemicals in the brain. There are different types of depression and they can impact people in different ways. It is important to know the signs and symptoms of depression.

- Difficulty concentrating, remembering, and making decisions.
- Difficulty sleeping, fatigue.
- Restless legs and uncomfortable sensations in the legs.
- New or unusual discharge from the nipple or irritation, scaliness, or a rash in the area of the breast.
- Nipple inversion, pain or tenderness, or a lump or thickening in the breast or underarm.
- Changes in the size or shape of the breast or nipple.
- Redness or dimpling of the skin on the breast.
- Skin irritation or scaliness.

Talk with your doctor to find the right treatment options.

If you experience any of the following symptoms for two weeks or longer, you may have depression:

- Difficulty concentrating, remembering, and making decisions.
- Difficulty sleeping, fatigue.
- Restless legs and uncomfortable sensations in the legs.
- New or unusual discharge from the nipple or irritation, scaliness, or a rash in the area of the breast.
- Nipple inversion, pain or tenderness, or a lump or thickening in the breast or underarm.
- Changes in the size or shape of the breast or nipple.
- Redness or dimpling of the skin on the breast.
- Skin irritation or scaliness.

Talk with your doctor to find the right treatment options.

Encourage veggies and low-fat snacks to be served at all meetings.

Focus on fun rather than food.

Provide healthier food options at your workplace deli.

Send employees home with healthy fall treats.

Healthy Food, Healthy Body

Healthy Food, Healthy Body is a virtual trail to complete during the 10 days of October. The program is course-based on ecotourism and will have you choose a virtual trail to complete during the 10 days of October. The program is course-based on ecotourism and will have you choose a virtual trail to complete during the 10 days of October.

Participants will learn to make healthier food choices for themselves and their families by learning to understand the food they eat. The program is course-based on ecotourism and will have you choose a virtual trail to complete during the 10 days of October.

Hike for Your Health

Wednesday, October 11, 2017

Hike for Your Health is a great opportunity to speak with coworkers, family, and friends about breast cancer awareness. The Centers for Disease Control and Prevention (CDC) estimate that one in eight women will develop invasive breast cancer at some point in her lifetime. There are different types of breast cancer and they can impact people in different ways. It is important to know the signs and symptoms of breast cancer.

- Difficulty concentrating, remembering, and making decisions.
- Difficulty sleeping, fatigue.
- Restless legs and uncomfortable sensations in the legs.
- New or unusual discharge from the nipple or irritation, scaliness, or a rash in the area of the breast.
- Nipple inversion, pain or tenderness, or a lump or thickening in the breast or underarm.
- Changes in the size or shape of the breast or nipple.
- Redness or dimpling of the skin on the breast.
- Skin irritation or scaliness.

Know the signs and symptoms of breast cancer.

Depression is More Than Feeling Sad

It really is easy to incorporate wellness into our days and bring awareness to the importance of good nutrition and the benefits of a heart-healthy lifestyle. To encourage this mindset, the AHA is encouraging people to consider the following tips:

- Create a healthy environment at home and at work.
- Make healthy choices for your employees.
- Encourage employees to participate in physical activity.
- Offer healthy food options at all meetings and events.
- Promote healthy lifestyles to your employees and their families.

Depression is usually treated with medicines and/or talk therapy (psychotherapy). Typically, antidepressant medications are used. They help to change the balance of chemicals in the brain. There are different types of depression and they can impact people in different ways. It is important to know the signs and symptoms of depression.

- Difficulty concentrating, remembering, and making decisions.
- Difficulty sleeping, fatigue.
- Restless legs and uncomfortable sensations in the legs.
- New or unusual discharge from the nipple or irritation, scaliness, or a rash in the area of the breast.
- Nipple inversion, pain or tenderness, or a lump or thickening in the breast or underarm.
- Changes in the size or shape of the breast or nipple.
- Redness or dimpling of the skin on the breast.
- Skin irritation or scaliness.

Talk with your doctor to find the right treatment options.

If you experience any of the following symptoms for two weeks or longer, you may have depression:

- Difficulty concentrating, remembering, and making decisions.
- Difficulty sleeping, fatigue.
- Restless legs and uncomfortable sensations in the legs.
- New or unusual discharge from the nipple or irritation, scaliness, or a rash in the area of the breast.
- Nipple inversion, pain or tenderness, or a lump or thickening in the breast or underarm.
- Changes in the size or shape of the breast or nipple.
- Redness or dimpling of the skin on the breast.
- Skin irritation or scaliness.

Talk with your doctor to find the right treatment options.

Encourage veggies and low-fat snacks to be served at all meetings.

Focus on fun rather than food.

Provide healthier food options at your workplace deli.

Send employees home with healthy fall treats.

Healthy Food, Healthy Body

Healthy Food, Healthy Body is a virtual trail to complete during the 10 days of October. The program is course-based on ecotourism and will have you choose a virtual trail to complete during the 10 days of October. The program is course-based on ecotourism and will have you choose a virtual trail to complete during the 10 days of October.

Participants will learn to make healthier food choices for themselves and their families by learning to understand the food they eat. The program is course-based on ecotourism and will have you choose a virtual trail to complete during the 10 days of October.

Hike for Your Health

Wednesday, October 11, 2017

Hike for Your Health is a great opportunity to speak with coworkers, family, and friends about breast cancer awareness. The Centers for Disease Control and Prevention (CDC) estimate that one in eight women will develop invasive breast cancer at some point in her lifetime. There are different types of breast cancer and they can impact people in different ways. It is important to know the signs and symptoms of breast cancer.

- Difficulty concentrating, remembering, and making decisions.
- Difficulty sleeping, fatigue.
- Restless legs and uncomfortable sensations in the legs.
- New or unusual discharge from the nipple or irritation, scaliness, or a rash in the area of the breast.
- Nipple inversion, pain or tenderness, or a lump or thickening in the breast or underarm.
- Changes in the size or shape of the breast or nipple.
- Redness or dimpling of the skin on the breast.
- Skin irritation or scaliness.

Know the signs and symptoms of breast cancer.

Depression is More Than Feeling Sad

It really is easy to incorporate wellness into our days and bring awareness to the importance of good nutrition and the benefits of a heart-healthy lifestyle. To encourage this mindset, the AHA is encouraging people to consider the following tips:

- Create a healthy environment at home and at work.
- Make healthy choices for your employees.
- Encourage employees to participate in physical activity.
- Offer healthy food options at all meetings and events.
- Promote healthy lifestyles to your employees and their families.

Depression is usually treated with medicines and/or talk therapy (psychotherapy). Typically, antidepressant medications are used. They help to change the balance of chemicals in the brain. There are different types of depression and they can impact people in different ways. It is important to know the signs and symptoms of depression.

- Difficulty concentrating, remembering, and making decisions.
- Difficulty sleeping, fatigue.
- Restless legs and uncomfortable sensations in the legs.
- New or unusual discharge from the nipple or irritation, scaliness, or a rash in the area of the breast.
- Nipple inversion, pain or tenderness, or a lump or thickening in the breast or underarm.
- Changes in the size or shape of the breast or nipple.
- Redness or dimpling of the skin on the breast.
- Skin irritation or scaliness.

Talk with your doctor to find the right treatment options.

If you experience any of the following symptoms for two weeks or longer, you may have depression:

- Difficulty concentrating, remembering, and making decisions.
- Difficulty sleeping, fatigue.
- Restless legs and uncomfortable sensations in the legs.
- New or unusual discharge from the nipple or irritation, scaliness, or a rash in the area of the breast.
- Nipple inversion, pain or tenderness, or a lump or thickening in the breast or underarm.
- Changes in the size or shape of the breast or nipple.
- Redness or dimpling of the skin on the breast.
- Skin irritation or scaliness.

Talk with your doctor to find the right treatment options.