Newsletter

well-being YOUR WAY

Each month in this newsletter we highlight one of the topics covered in our Well-being Your Way tools and resources to help you power your well-being program. Our theme for the month of October is **Cancer Awareness**. We would like to share some of the main topics of our new toolkit, Cancer Awareness, that highlight this month's theme.

Our new Cancer Awareness toolkit can be found under the Physical Well-being category of the Well-being Your Way Portal.

Login to View Toolkits

Our Article Picks of the Month



Power Foods to Curb Cancer

Did you know that experts at Stanford University suggest that certain foods can actually aid in the prevention of many types of cancer? This article provides a list of power foods to consider incorporating into your diet to help prevent cancer.



Questions to Ask Your Doctor

When diagnosed, it is important to remember that this is your cancer journey—no one else's. This article suggests steps to follow to decide how you want to be involved in making decisions about your care and treatment, including a list of questions to ask your doctor about your diagnosis and treatment.



Breast Cancer

In honor of Breast Cancer Awareness Month this October, we want to highlight our article on Breast Cancer. Breast cancer is the second most common type of cancer in American women. This article aims to explain everything you need to know about breast cancer, including, but not limited to, the types of breast cancer, risk factors, symptoms, screening, diagnosis, treatment, and more.