



Be Well. Care Well.

Be Well Bulletin



Thrive & Shine: Adult Health Month

This month, we're focusing on keeping healthy and making smart lifestyle choices. As a caregiver, looking after your own health is super important, not just for you, but also for the kids you care for.

Regular check-ups with your doctor are key. They help catch any health issues early and keep you in top shape. Remember, staying healthy helps you provide the best care possible. Healthy daily habits can make a big difference too. Eat nutritious meals, stay active, and make time to relax and recharge. These little changes can boost your physical and mental health big time.

Since it's Breast Cancer Awareness Month, it's a good reminder to stay on top of regular screenings and learn about breast health. Early detection can save lives, so make sure you're informed and keeping up with health checks.

Let's make well-being a priority so you can keep nurturing those around you!

Upcoming Trainings

Building Your Bounce: Protective Factors Webinar Series

Relationships as a Protective Factor

Thursday, October 2, 2025

6:30 p.m.-7:30 p.m.

Internal Beliefs as a Protective Factor

Thursday, October 16, 2025

6:30 p.m.-7:30 p.m.

Initiative as a Protective Factor

Thursday, October 30, 2025

6:30 p.m.-7:30 p.m.



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October is Breast Cancer Awareness Month.

1 in 8 Women has the risk of developing breast cancer in their lifetime.

Be Proactive and schedule your yearly mammogram screening! Early detection can make a difference!

DID YOU GET YOUR ANNUAL EXAM THIS YEAR?

If you answered no, call and schedule your appointments TODAY!

October 13th is Breast Cancer Awareness Day! ❤️ Show your support and wear PINK. ✨

Tips To Maintain Health And Wellbeing As You Age

1. Stay active by exercising regularly, such as walking, swimming, or doing yoga.
2. Eat a balanced diet with lots of fruits, vegetables, whole grains, and lean proteins..
3. Get regular check-ups and screenings to keep an eye on your health.
4. Stay connected with friends and family and stay involved in your community.
5. Aim for 7-9 hours of sleep each night.
6. Keep your brain active by reading, doing puzzles, or learning new things.
7. Manage stress with relaxation techniques like meditation or deep breathing.
8. Avoid smoking and limit how much alcohol you drink.
9. Protect your skin from the sun with sunscreen and protective clothing.
10. Take care of your mental and emotional health by seeking support when you need it and taking time for yourself.

Source: National Institutes of Health

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