



HEALTH & WELLNESS

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Top 5 Safety Tips

1. **Eat and Stay Hydrated**
2. **Don't Drink and Drive**—Always have a designated driver
3. **Use the Buddy System**—Be aware of your surroundings and know where you can go for help
4. **Don't Leave Drinks Unattended**—If it has been out of sight, throw it away
5. **Have a Plan to Get Home Safe**



Prevent Colon Cancer

- ✓ Symptoms include a change in bowel habits, abdominal pain, rectal bleeding, or weakness/fatigue
- ✓ All **men AND women** should be screened for colorectal cancer
- ✓ It is recommended that screening should begin at **age 50**
- ✓ If you have a **family history** of colon cancer, have ulcerative colitis, inflammatory bowel disease, or Crohn's disease you may need to talk with your doctor and get screened earlier

Take the "What's My Risk Quiz" at:
<https://www.ccalliance.org/screening-prevention/whats-my-risk-quiz>



Shamrock Fried Eggs

Prep Time: 15 minutes

Yield: 4 servings

Ingredients:

- 1 green bell pepper
- 4 eggs
- 1 tablespoon butter
- Garlic powder, salt, and black pepper, to taste



Directions:

1. Slice bell pepper into four rings
2. Melt butter in a frying pan over medium-high heat
3. Crack an egg inside each bell pepper ring
4. Season with garlic powder, salt, and black pepper
5. Cover with a lid and cook until the yolk reaches your desired doneness
6. Remove from pan and serve

COLON CANCER AT-A- GLANCE



#2

leading cause of cancer deaths among men and women in the U.S.



1 in 20

average individual risk



90%

of new cases occur in people 50 or older



2 - 3 Times

greater risk of developing colon cancer with family history



1+ Million

current colon cancer survivors in the U.S.

March is National Nutrition Month

This month focuses on the importance of our food choices and emphasizes creating good eating and exercise habits!

Here are some ways to promote wellness in your home, community, and workplace!



Move More Often—Take a break at work or during the commercial of your favorite TV show to walk around and move your body.



Eat a Balanced Diet—Shop the perimeter of the grocery store instead of the aisles and choose foods that come from nature to nourish your body.



Take Time for Self-Care—Taking care of yourself emotionally and spiritually is just as important as your physical health. Take time out of the week to do the things that bring you joy.



Get Enough Sleep— We need 7-8 hours of sleep per night in order for our brain and hormones to function properly.

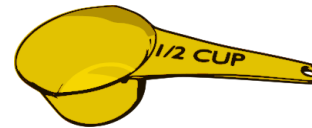


Set Goals—Set goals that are realistic and stick to them! Be patient and be consistent. Goals help us to create a plan and make lasting changes.

What is a Serving of Vegetables?



1 Cup **COOKED** vegetables = 1 serving



1/2 Cup **RAW** Vegetables = 1 serving



*TIP: Use **frozen fruits and vegetables!** These last longer in your freezer and can make a quick side or smoothie ingredient!*

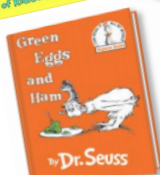
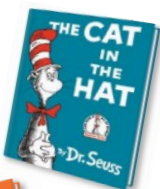
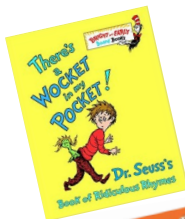
*TIP: Make **half of your plate fruits and vegetables** at meal times!*

*TIP: Plan ahead! Have a time to cut or prep your vegetables. Have them as a **quick and easy snack** to grab on the go!*

Dr. Seuss's Birthday!

March 2019

Celebrate by reading a book with your family!



Get tongue-tied with "There's a Wocket in my Pocket" or enjoy a classic together with "Green Eggs and Ham" or "The Cat in the Hat"!

