

Working on Wellness

Monthly wellness from
 LIVING HEALTHY WORKS.



MARCH: COLORECTAL CANCER AWARENESS

Colorectal Cancer Awareness Month takes place in March each year to raise awareness about colorectal cancer and encourage preventive screening. Screening is critical because colorectal cancer is the second deadliest cancer in the United States when numbers for men and women are combined, yet it is highly preventable and treatable when detected early. Colorectal cancer is a cancer that starts in the colon or rectum, which are parts of the digestive system. The best way to prevent colorectal cancer is getting screened on time. Screenings can also find cancer early when treatment is most effective. Most people should begin **colorectal cancer screenings at age 45**, but people with certain risk factors may need to start screening earlier. Several screening tests can be used to find polyps or colorectal cancer. Talk to your doctor about which test is right for you. [Colorectal Cancer | Colorectal Cancer | CDC](#)

WorkWell Funding Updates

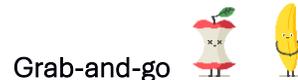
The WorkWell Funding Opportunity has completed its second quarter and is approaching the end of the third for the 2025–2026 grant year. Participating worksites report implementing interventions that promote physical activity, nutrition, self-care, and help prevent, reduce, and manage chronic disease.

Key activities include:

- Circulated September and December newsletters
- Led wellness initiatives, including One Mile–One Smile, a hydration challenge, and a mindfulness succulent workshop
- Implemented a stair-use campaign with challenges and signage, achieving the equivalent of climbing Mount Rushmore in under two weeks
- Updated breakroom signage to support healthy choices

Nutrition Month

Here are simple, realistic fruit & veggie snack ideas!



Grab-and-go

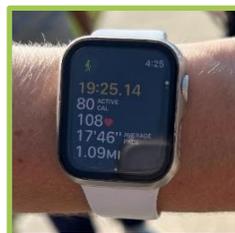
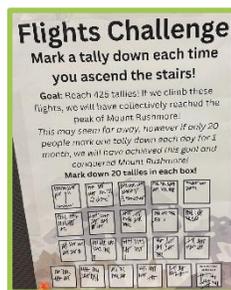
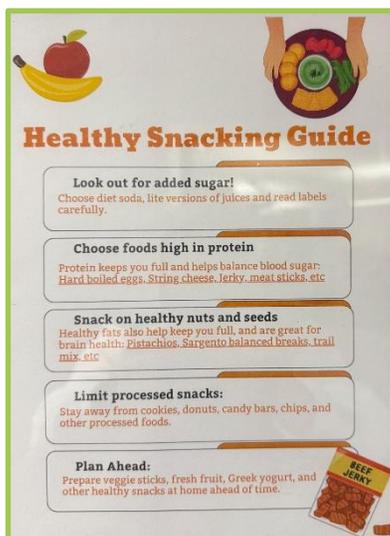
- Apple slices + peanut butter
- Banana + handful of nuts
- Grapes (fresh or frozen)
- Baby carrots or snap peas
- Clementines or oranges

Crunchy & savory

- Veggie sticks + hummus
- Bell peppers + guacamole
- Cucumber slices + ranch or tzatziki
- Roasted chickpeas
- Air-fried or roasted broccoli and cauliflower

Sweet but healthy

- Berries with Greek yogurt
- Apple slices + cinnamon
- Frozen mango or pineapple chunks
- Cottage cheese + peaches or pineapple



New Dietary Guidelines for Americans

