**October is Breast Cancer Awareness Month**

When it comes to your breast health, don’t be fooled by rumors and misinformation. Get the facts. Test your knowledge of SIX common beliefs about breast cancer.

**TAKE THE QUIZ: BREAST CANCER**

**Breast Cancer Resources**
- Susan G. Komen
- American Cancer Society
- Centers for Disease Control and Prevention

**Prepare for the 2020-2021 Flu Season**

The single best way to protect against the flu is to get vaccinated each year in the fall. Cover your nose and mouth with a tissue when you cough or sneeze, wash your hands often, and stay home if you get sick.

**REMEMBER**

- At least 150 minutes of moderate aerobic activity or 75 minutes of vigorous aerobic activity a week, or an equivalent combination of moderate and vigorous aerobic activity.
- Strength training exercises of all the major muscle groups at least twice a week.

**Stay Physically Active this Fall!**

Physical activity can reduce your risk of chronic disease, improve your balance and coordination, help you lose weight, and even boost your self-esteem. Regular exercise can help you control your weight, reduce your risk of heart disease and certain cancers, and strengthen your bones and muscles.

**Mayo Clinic offers these resources:**
- Strength training: How-to video collection
- Fitness ball exercises: How-to video collection
- Slide show: A guide to basic stretches
- Slide show: Exercises to improve your core strength
- Slide show: Balance exercises