



March is **Colon Cancer Awareness Month**. Colon cancer is the second leading cause of cancer death in NYC. The following lifestyle factors increase your colon cancer risk:

- Obesity
- Physical inactivity
- Smoking
- Drinking alcohol

TAKE THE FOLLOWING 6 STEPS TO REDUCE YOUR COLON CANCER RISK:



MAINTAIN A HEALTHY WEIGHT

Use the [Guide to Healthy Eating and Active Living in NYC](#) for tips on healthy eating and staying active. Benefit-eligible City employees and their families can also take advantage of the discounted [Weight Watchers](#) program.



BE ACTIVE

[Shape Up NYC](#) offers free fitness classes in all five boroughs.



QUIT SMOKING

NYC offers free resources to [help you quit](#).



SEEK SUPPORT FOR RISKY DRINKING

If you think you or someone you care about has a problem with alcohol, help is available from [the City](#) and from the [NYC Employee Assistance Program](#) (EAP).



GET SCREENED

Talk with your doctor about the benefits and risks of colon cancer screening. If you don't have a doctor, find one in your network [here](#).

FIND MORE RESOURCES TO HELP YOU REDUCE YOUR RISK [HERE](#).



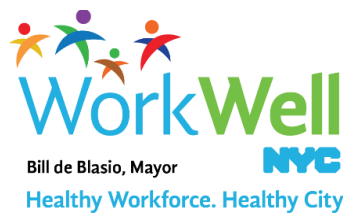
UPCOMING WEBINARS:

[What's In Your Food? Reading and Understanding Food Labels](#)

Tuesday, March 27 | 1:00 PM

[Sip This, Not That: Exploring the Advantages of Healthy Drinks](#)

Wednesday, March 28 | 12:30 PM



www.nyc.gov/workwellnyc | workwell@olr.nyc.gov