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| 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](http://on.nyc.gov/2hFu56T) for tips on healthy eating and staying active. Benefit-eligible City employees and their families can also take advantage of the discounted [Weight Watchers](http://on.nyc.gov/2jZUrl6) program. | |
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|  | **BE ACTIVE**  [Shape Up NYC](http://on.nyc.gov/2hFkLzS) offers free fitness classes in all five boroughs. | |
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|  | **QUIT SMOKING**  NYC offers free resources to [help you quit](http://on.nyc.gov/2FSbwuw). | |
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|  | **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](http://on.nyc.gov/2yi90Yb) and from the [NYC Employee Assistance Program](http://on.nyc.gov/2g7JOLH) (EAP). | |
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|  | **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](http://on.nyc.gov/2FxPhHg). | |
| FIND MORE RESOURCES TO HELP YOU REDUCE YOUR RISK [HERE](http://on.nyc.gov/2DrssCs). | | |
|  | | **UPCOMING WEBINARS:**  [**What’s In Your Food? Reading and Understanding Food Labels**](http://bit.ly/2pvSK2j)  **Tuesday, March 27 | 1:00 PM**  [**Sip This, Not That: Exploring the Advantages of Healthy Drinks**](http://www.bit.ly/March28webinar)  **Wednesday, March 28 | 12:30 PM** |
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