
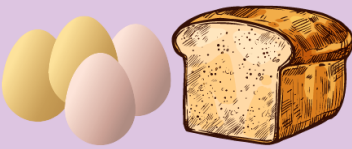



WHAT THE HEALTH!?

10 TIPS FOR HEALTHY EATING

1 BALANCE CALORIES	
2 ENJOY YOUR FOOD	
3 PRACTICE PORTION CONTROL	6 CHOOSE LOW-FAT OR FAT-FREE DAIRY PRODUCTS
4 READ THE NUTRITION LABEL	7 FOCUS ON WHOLE GRAINS
5 FILL HALF YOUR PLATE WITH FRUITS & VEGGIES!	8 LIMIT FOODS HIGH IN SALT, ADDED SUGAR, & SOLID FATS
	9 PREP HEALTHY OPTIONS
	10 DRINK WATER 

March COLON CANCER AWARENESS MONTH

✓Preventable ✓Treatable ✓Beatable

Colorectal cancer is the 2nd leading cause of cancer deaths in the United States. Every year 140,000 Americans are diagnosed with colorectal cancer and 50,000 die from it.

Screenings Save Lives!

- Colorectal cancer usually starts from precancerous polyps in the colon or rectum. A polyp is a growth that shouldn't be there.
- Over time, some polyps can turn into cancer.
- Screening tests can find precancerous polyps, so they can be removed before they turn into cancer.
- Screenings can find colorectal cancer early, when treatment works best.

What Can You Do?

- Begin getting screened at 50 years old
- Be physically active
- Maintain a healthy weight
- Limit your alcohol consumption
- Do not smoke

WHEN LIFE HAPPENS...

Poison centers are ready 24/7 with fast, free advice.



I ate something that made me sick!

I splashed cleaner in my eye.

My child swallowed a button battery.

A snake bit me.

Our carbon monoxide alarm is going off!

My baby ate rat poison.

I took my medicine twice.

POISON Help 1-800-222-1222

WHEN YOU HAVE QUESTIONS, OUR EXPERTS HAVE ANSWERS
CALL POISON HELP AT 1-800-222-1222

BAT IN YOUR ROOM?

CATCH TRAP TEST



AND DON'T SQUISH MY BRAIN!