

NIGHTHAWKS WELLNESS NEWSLETTER

Cancer Awareness

April 2017

IN THIS ISSUE:

- Cancer
- HealthTrails Challenge
- World Health Day
- Banana Berry Smoothie
- Monthly Exercise

EXERCISE FOR THE MONTH

Dumbbell Curls

Modifications—

Incline Biceps Curl or Resistance Band Bicep Curl

Banana Berry Smoothie

- 1/2 banana
- 1 cup frozen berries (any type)
- 1/2 cup almond milk

Instructions—Place all ingredients in a blender and mix until smooth.

UNG
UNIVERSITY of
NORTH GEORGIA™
DEPARTMENT OF
HUMAN RESOURCES

ung.edu/hr

CANCER

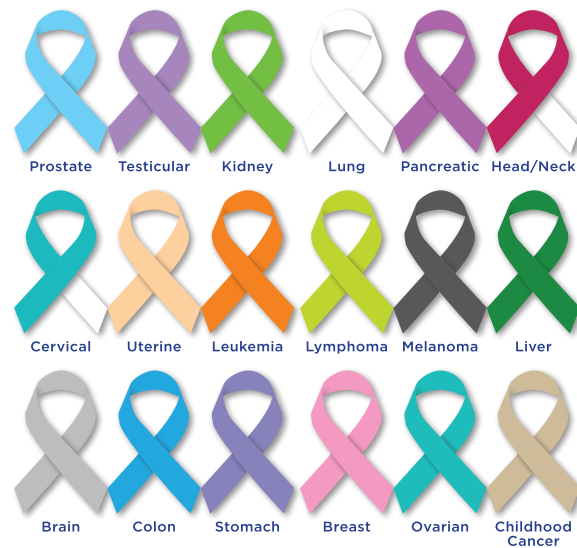
What is Cancer?

Cancer knows no race, religion, creed, gender, nationality, age, status or disability.

Unfortunately, as it grows in today's society it's more than likely already touched you or a loved one, friend or co-worker.

Cancer can start anywhere in the body. It starts when cells grow out of control and crowd out normal cells. This makes it hard for the body to work the way it should. Cancer can be treated very well for many people. In fact, more people than ever before lead full lives after cancer treatment.

If you have questions about cancer or need help finding resources in your area, call the American Cancer Society at 1-800-227-2345. 24 hours a day, 7 days a week.



BASICS OF STAYING HEALTHY

- Stay away from Tobacco
- Be Safe in the Sun
- Eat Healthy
- Get Active Cancer Screenings
- Yearly Exams & Tests

HEALTHTRAILS CHALLENGE

UNG had a tremendous response to the HealthTrails Challenge. As of April 3, we have a total of 464 participants averaging 186 daily miles. We are currently in 12th place out of 29 USG Institutions. UNG is one out of thirteen that have our very own President participating. Thank you Dr. Jacobs!

We greatly appreciate your support and participation.



If you are not logging in your steps, water intake or acts of kindness please begin doing so. This helps UNG in gaining closer to that #1 spot. If you need assistance please contact Sabrina Wall at 678-717-3824.

WORLD HEALTH DAY 2017

The theme of 2017 World Health Day campaign is depression. **Let's talk**

World Health Day, celebrated on the 7th of April every year to mark the anniversary of the founding of WHO, provides us with a unique opportunity to mobilize action around a specific health topic of concern to people all over the world.

Depression affects people of all ages, from all walks of life, in all countries. It causes mental anguish and impacts on people's ability to carry out even the simplest everyday tasks, with sometimes devastating consequences for relationships with family and friends and the ability to earn a living.

At worst, depression can lead to suicide, now the second leading cause of death among 15-29-year olds.

Yet, depression can be prevented and treated. A better understanding of what depression is, and how it can be prevented and treated, will help reduce the stigma associated with the condition, and lead to more people seeking help.

Take Action: Get Treatment. When you have depression, seeking help is the best thing you can do. Depression can be treated with talk therapy, medicines, or both. Ask your doctor for a referral to a mental health professional or contact your Human Resources Benefits Department for options.