

MARCH 2025

# WELLNESS EVENTS

HELPING YOU TO HELP OTHERS!  
Your monthly wellness spotlight newsletter



## March is Colorectal Cancer Awareness and National Nutrition Month

**Available to all Employees Regardless of Insurance Coverage**

**Tuesday, March 18 at 3:30 p.m.** - Trending in Nutrition: Join to learn about the basics of dieting, importance of good nutrition, information on popular nutrition trends, and keys to maintaining a healthy weight.

**Thursday, March 20 at 3:30 p.m.** - Colorectal Cancer Awareness: Join to learn about colorectal cancer, the most common risk factors, recommended guidelines and screening options, and daily steps and lifestyle changes to help reduce your risk.

**Monday, March 24** - Fighting Inflammation with Food: Join to learn about the two types of inflammation, causes and risk factors, foods that can increase or decrease inflammation, and healthier lifestyle changes that can help. Register HERE for 8:30 a.m. or Register HERE for 3:45 p.m. ONLY 15 MINS!

**Wednesday, March 26** - Setting the Table for Healthy Eating: Join to learn how to read and use nutrition facts labels, how to shop smart to make healthier choices, and making healthier food choices at home and while eating out. Register HERE for 8:30 a.m. or Register HERE for 3:45 p.m. ONLY 15 MINS!

## Links You Can Share:

[Colorectal Cancer Basics](#)

[Reducing the Risk for Colorectal Cancer](#)

[3 Strategies for Successful Meal Planning](#)

[Family Dinners in a Flash](#)

[Power Up with Breakfast](#)

“Diet is one of the most powerful tools we have to take control of our own health.”



HEALTH CARE  
AUTHORITY

STATE OF NEW MEXICO WELLNESS NEWSLETTER



Sylvia Burwell