



CITY OF BRYAN  
Healthy Lifestyles

# WORKSITE WELLNESS NEWS

VOLUME V, ISSUE 7

MARCH 1, 2013

## SPECIAL POINTS OF INTEREST:

- **March is Colon Cancer Awareness Month**
- **Upcoming Seminar: Dealing with Grief**

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## March is Colon Cancer Awareness Month

Colorectal cancer is the second most deadly cancer for both men and women. Yet, according to the Centers for Disease Control and Prevention, most of these deaths could be prevented if everyone over the age of 50 got screened for colorectal cancer. The best way to prevent colorectal cancer is to get screened. There are often no signs or symptoms of colorectal cancer. If left undiagnosed or undetected, colorectal cancer can spread throughout the body.

### Risk Factors

- Men and Women Age 50 or older
- People who use tobacco, are obese and sedentary
- People with a family history of colon polyps

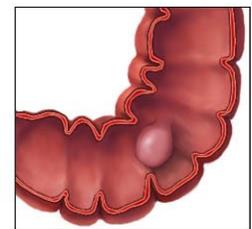
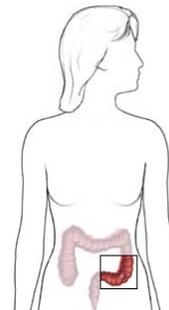


### Symptoms

- Rectal bleeding or blood in or on the stool
- Change in bowel habits or bowels that are narrower than usual
- Stomach discomfort (bloating, cramping or fullness)
- Diarrhea or constipation (feeling that the bowel does not empty)
- Weight loss
- Fatigue

### Risk Reduction and Early Detection

- Be physically active and exercise regularly
- Maintain a healthy weight
- Eat a high-fiber diet
- Don't smoke
- Don't drink alcohol excessively



Colon polyp

Since March is Colon Cancer Awareness Month, make it a priority to talk with your medical provider this month about when you should have a colonoscopy and encourage your family members, friends and co-workers to do the same. A simple screening could save your life!

**You are invited to a Community Health Fair!**  
**Tuesday, March 19th from 1:00-5:00pm**  
**Brazos Valley Council of Governments-3391 E. 29th Street, Bryan, Texas**  
**Free blood pressure and glucose checks, vision and hearing screenings, dental screenings and more.**

## ***Festive St. Patrick Fruit Kabobs***

Do you have trouble getting your child to eat a variety of fruits or do you have a St. Patrick's Day party to attend and want to take a healthy treat? Find the pot of gold and less calories by trying these super easy fresh fruit kabobs.

**Ingredients**  
12 servings

1 carton strawberries, cut into halves  
1 cantaloupe, cut into 1 inch chunks  
1 pineapple, cored and cut into 1 inch chunks  
Green grapes  
Purple grapes  
Blueberries

**Coconut Dip:**

1-1/2 cups fat-free vanilla yogurt  
4-1/2 teaspoons flaked coconut  
4-1/2 teaspoons reduced-sugar orange marmalade



- Divide fruit into portions and thread onto wooden skewers. Combine dip ingredients in a small bowl; serve with the kabobs. Enjoy!

Source: [www.tasteofhome.com](http://www.tasteofhome.com)

## **Walk Across Texas Recharge Event!**

Walk Across Texas kicked off last month here in Brazos County. Teams should be well on their way to walking, biking, swimming or running the 830 miles from El Paso to Orange. In order to keep the momentum going, a "Recharge Event" will be held on Saturday, March 3rd at the Lincoln Recreation Center. Come out and enjoy old-fashioned Field Day Events as we RECHARGE and finish our trek across Texas!



**Recharge Event**  
**Saturday, March 23rd**  
**Lincoln Recreation Center (CS)**  
**10-11am**  
**All team members invited.**  
**Door prizes will be given!**

### *CPR, First Aid & Defensive Driving Classes*

**CPR & First Aid (first time)**

March 26th

8am-3pm at the MSC

**CPR & First Aid (renewal)**

March 26th

3-5pm at the MSC



**Defensive Driving**

March 27th

8am-4pm at the MSC



To register contact Howard Hart at [hhart@bryantx.gov](mailto:hhart@bryantx.gov) or call 209-5056.

# Know Your Benefits

## A reminder about the City of Bryan’s Employee Assistance Program...

The City of Bryan’s Employee Assistance Program (EAP) is administered by Deer Oaks. EAP provides free and confidential assessments, short-term counseling, prevention, education and referral services to you and your dependents.

### What types of problems does EAP cover?

- Stress, tension, anxiety
- Depression, grief
- Anger management
- Marital/family problems
- Work-related difficulties
- Legal/financial concerns
- Health & wellness issues
- Substance abuse



### EAP Services

- Short-term counseling
- Crisis intervention
- Community & health plan referrals
- Online tools, tips & videos
- Wellness education
- Legal & financial consultations
- Child/eldercare resources

24 hour access is available at 1-866-327-2400 or at [www.deeroaks.com](http://www.deeroaks.com)



### Upcoming EAP Seminar: Dealing with Grief

Tuesday, March 5th

Noon-1pm

MOB Basement Training Room



## Don't Wait!

## Call the Employee Health Center today to schedule your child's Spring School Physical!



Open Monday-Friday 8am-5pm  
(closed from noon-1pm)

*\*last patient accepted at 11:30am and 4:30pm daily, walk-ins accepted from 8-9:30am daily*

Remember: all clinic closings are posted at

[http://www.bryantx.gov/wellness/?page\\_id=539](http://www.bryantx.gov/wellness/?page_id=539)

Call 979-821-7690 for an appointment!

There is no co-pay at the clinic and it is available to all employees, dependents and retirees on the City's health insurance plan.

If you have wellness news to share with others and would like to have it spotlighted in our next newsletter, please feel free to submit it to:

Lesley Becker

Wellness Coordinator  
(979) 209-5050

[lbecker@bryantx.gov](mailto:lbecker@bryantx.gov)

[www.bryantx.gov/wellness](http://www.bryantx.gov/wellness)

Copies of this newsletter are available in Risk Management.