The CDC recommends taking these four steps to prevent mosquito bites:

1. When you are outdoors, use insect repellent containing an EPA-registered active ingredient.
2. Mosquitoes are most active at dusk and dawn. Be sure to wear insect repellent and wear long sleeves and pants if going outside during these times.
3. Make sure you have good screens on doors and windows to keep mosquitoes out of your home.
4. Get rid of mosquito breeding sites by emptying containers/objects with standing water.

Healthy Mind, Healthy Body

Recent research from the Center for Disease Control (CDC) has shown that depression can adversely affect the course and outcome of common chronic conditions, such as arthritis, asthma, cardiovascular disease, cancer, diabetes, and obesity. Depression can also lead to increased work absenteeism, short-term disability, and decreased productivity.

For some people, depression symptoms are so severe that it’s obvious something isn’t right. Others feel generally miserable or unhappy without really knowing why. For a detailed list of information on depression, including the signs and symptoms, visit the Mayo Clinic.

Below is a list of some common signs:
- Feelings of sadness or unhappiness
- Irritability or frustration, even over small matters
- Loss of interest or pleasure in normal activities
- Insomnia or excessive sleeping
- Changes in appetite
- Agitation or restlessness

Unfortunately many of us do not know where to turn in times of emotional or psychological need. If you think you might need help, you can consult your doctor, call the information line on the back of your insurance card, or visit a local mental health clinic.

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October is National Breast Cancer Awareness Month

Risk factors include:
- Age
- Family history
- Lack of exercise
- High alcohol consumption
- Previous breast cancer

Visit the American Cancer Society’s Information page on breast cancer to find out what you can do to reduce your risk.

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Healthy Tip!
Reduce stress in your life with natural techniques. Below are a few ideas; what works best for you?
- Calming music
- Hot bath
- Aromatherapy oils
- Walking
- Deep breathing
- Herbal tea
- Yoga
- Stretching

Visit Be Well & Bring your colleagues!
Kale Soup

Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 tablespoons olive oil</td>
<td></td>
</tr>
<tr>
<td>2 T chopped garlic</td>
<td></td>
</tr>
<tr>
<td>8 cups vegetable broth</td>
<td></td>
</tr>
<tr>
<td>6 potatoes, washed and cubed</td>
<td></td>
</tr>
<tr>
<td>1 tablespoon Italian seasoning</td>
<td></td>
</tr>
<tr>
<td>1 onion, chopped</td>
<td></td>
</tr>
<tr>
<td>1 bunch kale</td>
<td></td>
</tr>
<tr>
<td>15oz can diced tomatoes</td>
<td></td>
</tr>
<tr>
<td>2 (15 ounce) cans cannellini beans</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons dried parsley</td>
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</tbody>
</table>

Directions

1. Prep kale by removing stems & chopping leaves.
2. Heat the olive oil in a large soup pot; cook the onion and garlic until soft. Stir in the kale and cook until wilted, about 2 minutes.
3. Stir in the water, vegetable bouillon, tomatoes, potatoes, beans, Italian seasoning, and parsley.
4. Simmer soup on medium heat for 25 minutes, or until potatoes are cooked through.
5. Season with salt and pepper to taste.

Serve with a whole grain bread.

Nutrition Facts:

- Calories: 180
- Total Fat: 8g
- Saturated Fat: 2g
- Cholesterol: 20mg
- Sodium: 392mg
- Carbohydrate: 20g
- Fiber: 3g
- Protein: 9g

Active Living Tip:

Are you getting enough strength training?

The CDC recommends muscle-strengthening activities at least 2 days per week. Muscle strengthening activities should target all of the major muscle groups: legs, hips, back, chest, abdomen, shoulders, and arms.

For tips from the CDC Click Here