



October is Breast Cancer Awareness Month....

Do not forget to do your monthly self exams...ask your healthcare provider for more information!!

Let's be proactive and lead a healthier lifestyle, here are some tips to get you started:



- Achieve and maintain a healthy weight.**
- Exercise daily.**
- Focus on plant-based foods.**
- Cut back on red meat.**
- Never eliminate an entire food group. Say “NO” to fad diets!**
- Try incorporating something new in your diet. Whether it be a new grain such as quinoa, or a new exotic fruit!!!**



Do you have more questions???? For more information on leading a healthier lifestyle contact Washington County Aging and Disabilities Resource Center for information about nutritional counseling from a Registered Dietitian Nutritionist today!