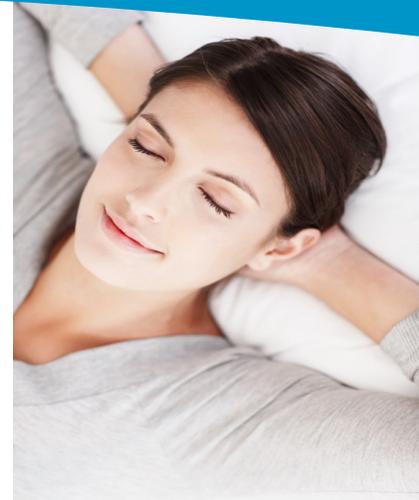


# HealthMatters



Because Your Health Matters To Us

## Mental Health Mondays!



### Mindfulness

Interested in learning about a wonderful tool that can help with stress, depression and other mental health issues?

Mindfulness is a great technique that can help you feel grounded, peaceful, and in touch with yourself and your emotions.

Tune in to *Mental Health Mondays: Mindfulness* to learn more. During this webinar, we will discuss the roots of mindfulness, the definition of mindfulness, and how to practice this coping skill.

**Join us on Monday, July, 25th  
11:00a-12:00p CT**

**\*Please note: All webinars and programs must be completed outside of work hours.**

#### How To Register for Mental Health Mondays & Teaching Tuesdays!

- Go to [www.carehere.com](http://www.carehere.com) and log on with your username and password.
- Click on Wellness Registration (July-Sept) on the green navigation bar. This will pull up an enrollment form, where you may register for this program.
- Fill out the form to register and click done.
- Information on how to join the webinar will be sent to you after you register.
- You may also call 877-423-1330 to register.

\*If you are unable to view any of the the webinars at the scheduled times, you may request a recorded version by e-mailing [recordings@carehere.com](mailto:recordings@carehere.com).

**CareHere!**<sup>®</sup>

Please visit us at [www.carehere.com](http://www.carehere.com).



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## Super Foods



Do you make a conscious effort to include *Super Foods* in your diet on a regular basis? With heart disease, diabetes, and obesity on the rise, it is a good idea to consume more whole, natural foods and fewer processed foods. Super Foods such as broccoli, salmon, and sweet potatoes when used in the proper amounts have significant health benefits by providing multiple disease-fighting nutrients.

Join the *Super Foods: A+ Nutrition Every Day* webinars in the month of July to gain knowledge of the health benefits of different Super Foods.

**Join us for the this webinar:**

**July 5th • 11:00am-12:00pm CT**

**July 12th • 5:15-6:15pm CT**

**July 19th • 4:00-5:00pm CT**

**July 26th • 11:00am-12:00pm CT**



## Menopause and HRT

Join us for a discussion of *Menopause and Hormone Replacement Therapies*.

Presentations by the Registered Nurse and Doctor of Pharmacology will discuss the signs, symptoms, behaviors and treatments that can help to manage the

changes that a woman may experience during this transition in life.

Questions will be addressed by the Doctor of Pharmacology surrounding hormone replacement therapy.

**Join us for the webinar on:**

**July 5th • 4:00-5:00pm CT**

**July 12th • 11:00am-12:00pm CT**

**July 19th • 5:15-6:15pm CT**

**July 26th • 4:00-5:00pm CT**

## Guided Imagery

Guided Imagery is a wonderful relaxation skill that can easily reduce stress. Guided imagery involves using your imagination to visualize a scene that you find peaceful, safe and relaxing.

During this webinar you will experience the benefits of guided imagery as you listen to the presenter lead you through a relaxation exercise involving this technique.



**Join us for the webinar on:**

**July 5th • 5:15-6:15pm CT**

**July 12th • 4:00-5:00pm CT**

**July 19th • 11:00am-12:00pm CT**

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# Getting Sun Smart



In observance of *UV Safety Month*, now is the perfect time to take action to raise awareness about skin cancer prevention. Your skin is the largest organ in your body. Not only does it store water, fat and produce vitamin D but it also serves as a barrier that protects

you from the outside elements, injury and infection. Damage caused by too much exposure to UV radiation from the sun is the main cause of skin cancer. In fact, it's the most common kind of cancer in the United States.

There are two categories of skin growth. Benign growths like moles do not spread to other parts of the body, can be removed and usually do not reappear. They are non-life threatening. Malignant growths, on the other hand, may spread and damage nearby organs and tissues and may sometimes grow back. The two most common types of malignant growth are basal cell cancer and squamous cell cancer. Melanoma, another type of skin cancer, is the most dangerous form but it is less common. More than 2 million people are treated for basal cell or squamous cell skin cancer annually while more than 68,000 people are diagnosed with melanoma.

#### *Greatest Risk Factors*

- Light colored skin, hair and eyes
- Family history
- Frequent sun exposure or have experienced severe blistering sunburns

- Use of certain medications (some antibiotics, hormones or antidepressants)
- Use of tanning booths and sunlamps

#### *Preventative measures*

- Avoid outdoor activities or stay in the shade between 10am and 4pm when the sun rays are the strongest.
- Use broad spectrum sunscreen (SPF 15 or higher) which includes both UVA and UVB protection.
- Apply 30 minutes before and apply again every 2 hours or after swimming or sweating.
- Wear UV protected sunglasses, a wide brim hat, long sleeves and long pants.

The National Cancer Institute recommends regular skin self-exams to check for new growths. Also have your provider examine for any suspicious markings or changes in your skin. Like most other cancers, treatment detected early. For more information, visit [www.nlm.nih.gov/medlineplus/skincancer.html](http://www.nlm.nih.gov/medlineplus/skincancer.html)



*Article submitted by: CareHere Health and Registered Nurse, Jaye Patel. If you have any questions about this article and would like to contact Jaye, please e-mail her at [wellness@carehere.com](mailto:wellness@carehere.com).*

## Body Image and Weight Loss

Body Image is affected by peers, family, and the media, both positive and negative. Weight is often to blame for developing a negative body image causing people to take drastic measures to manage weight. Body image does not just affect females. Almost 10 million females and 1 million males in the U.S. are battling eating disorders, such as anorexia and bulimia and millions more suffer from binge eating disorder.

There are healthy ways to develop a healthy body image and manage weight. The goal is healthy living, not a certain weight. A perfect body does not exist and it is not defined by weight. Weight is often discussed among peers and in the media, however weight is just a number and it does not take into consideration any other factors such as height and body type. Increase physical activity to help burn calories and improve mental health. Being physically active does not actually mean working out in a gym or training for a marathon. Simple lifestyle changes in daily activities can add more physical activity into your day. Start by making healthier food choices and incorporating exercise to develop a healthier lifestyle and a healthier body image.

National Eating Disorder Association <http://www.nationaleatingdisorders.org/>  
American Dietetic Association <http://www.eatright.org>

*Article submitted by: CareHere Health and Registered Dietitian, Lacy Haney. If you have any questions about this article and would like to contact Lacy, please e-mail her at [wellness@carehere.com](mailto:wellness@carehere.com).*

