



## HEALTHY LIVING NEWSLETTER

FRESH IDEAS FOR A HEALTHY WORKFORCE EVERY MONTH

THIS MONTHLY ELECTRONIC NEWSLETTER FROM THE AMERICAN CANCER SOCIETY HELPS YOUR EMPLOYEES LEARN ABOUT THE STEPS THEY CAN TAKE TO STAY WELL AND HELP REDUCE THEIR RISK OF CANCER.

HELP IMPROVE THE HEALTH OF YOUR WORKFORCE BY:

- ▶ VISITING [ACSWORKPLACESOLUTIONS.COM](http://ACSWORKPLACESOLUTIONS.COM) AND REGISTERING TO RECEIVE *HEALTHY LIVING*
- ▶ DISTRIBUTING *HEALTHY LIVING* TO YOUR EMPLOYEES
- ▶ ENCOURAGING EMPLOYEES FOLLOW THE TIPS PROVIDED IN *HEALTHY LIVING*

The choices your employees make every day – about diet, exercise, tobacco use, and more – can have a significant impact on their risk of cancer and other serious illnesses.

Those choices can affect your company's bottom line through higher medical costs, lost days at work, and diminished productivity. Healthy employees live longer, feel better, are more content and productive, require fewer sick days, and help keep health care costs down.

Help your employees take steps to improve their health by sending them the *Healthy Living* newsletter every month. Provided in English and Spanish, this newsletter is full of tips and

information vetted by American Cancer Society medical experts to help your employees eat better, be more active, and make other lifestyle choices that can help reduce their risk of cancer and other chronic diseases.

By turning what we know about cancer into what you and your employees can do about it, we can fight cancer and help save lives by improving your employees' health and well-being.



STAY WELL | GET WELL | FIND CURES | FIGHT BACK | [CANCER.ORG](http://CANCER.ORG) | 1.800.227.2345