

Mansfield Monthly



PERSONAL AND TECHNOLOGICAL SAFETY



Although recent months have been focused around screening for a virus, we can't forget about other crucial preventative screenings for our overall wellness. October is National Breast Cancer Awareness Month.

Statistically, 1 in every 8 women will develop breast cancer in their lifetime. Although cancer is not completely preventable, we can take preventative measures to help lower our risk. Just like many other illnesses, experts recommend to:

- Maintain a healthy weight
- Stay physically active
- Eat nutrient dense fruits/vegetables consistently
- Do not smoke
- Limit alcohol consumption

Follow [THIS LINK](#) for more information from national authorities on breast cancer and get access to free resources, support and ways to help the fight.

As with everything else, early detection is crucial. The American Cancer society has shown an improvement of 40% in successful recovery from Breast Cancer from 1989-2016, largely due to education and early detection. Take some time and look into this information for yourself and share with your family and friends!



With technological advances continuing to emerge, cybersecurity has become more important than ever with the amount of information circulating and stored online.

With much of school, work, shopping and interactions being held over the internet, it's a good idea to spend some time thinking about any ways you could bolster the security of you and your family while online.

Check out [THIS LINK](#) to the National Cybersecurity Alliance with tips on:

- Avoiding online scams (which have grown during the pandemic)
- Remote working tip sheets
- Protecting your personal info online and education on useful tech terms
- Securing key accounts and devices
- Keeping your children safe and focused on the right things with remote/hybrid learning

It's not only important to know how to safely navigate around the internet for yourself, but also understand what the most accurate, reputable and safe resources are for current events. Plus, technology is continually evolving. If you're someone who is not up to speed on how to utilize it, take some time to learn and be able to thrive with the changing times!

TOWN EVENTS THIS MONTH

<https://ct-mansfield.civicplus.com/calendar.aspx?CID=31>

(Calendar of Specific Dates & Times ^^)

**PERSONAL WELLNESS SESSION

If you have a personal wellness goal you're working towards and would like to setup an in-person or remote coaching session with Be Well, send a message to: cummingsb@mansfieldct.org.

These personalized coaching sessions are free and available to all Be Well participants so we can best help you achieve health/wellness goals important to you as an individual. Let us know if you're interested and we'd be happy to schedule some time to put together a strategy for you.

[CLICK HERE](#) for MCC offerings, reopening guidelines and membership opportunities!

Please contact us at cummingsb@mansfieldct.org with any questions, comments or suggestions for future Be Well offerings.



BE WELL NEWS

Please click [HERE](#) for the October Wellness quiz that will count towards end of year Rewards!

Flu Shots

- There will be another local **flu clinic** held on **Thursday, October 29th from 3-6pm**, administered by Hartford Health Care. The clinic is open to employees as well as friends/family. Please stay tuned for more details on location and other guidelines.

MCC Updates

- Click [HERE](#) to make a reservation at the MCC
- Virtual, in-person and outdoor options are available!
- Checkout events at the MCC this month such as: PU-MP-KIN Bingo Hunt & Halloween Trick-A-Trunk & Fashion Show!

Cinnamon Banana Muffins



- 1.5 cups Kodiak Cake or other protein pancake mix
- 2 whole eggs
- 4 bananas
- 1/4 cup stevia or 0 cal. Sweetener
- 1/2 tsp vanilla extract
- 1/2-1 tbsp. cinnamon

- Recipe is for a dozen muffins
- A great mini, simple alternative to traditional muffins!

Breakdown per muffin in a batch of a dozen:

- 5g Protein
- 2g Fat
- 17g Carbs
- ~ 105 calories

Be Well is an employee wellness program provided through your employer designed to provide you with individualized tips and tools to help you with personal health & wellness goals!

