(C)

Lattner, Jennifer

From: Masser, Michelle
Sent: Friday, January 08, 2016 9:41 AM
To: Harris, Laura
Cc: Lattner, Jennifer; Gouveia, Susan
Subject: FW: Happy New Year, ?!

CORRESPONDENCE

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From: Your American Cancer Society [mailto:news@messages.cancer.org]
Sent: Friday, January 08, 2016 9:39 AM
To: Masser, Michelle <clerkmichelle@mtolivetwp.org>
Subject: Happy New Year, ?!

Cheers to a happier and healthier 2016! View Web Version

American Cancer Society

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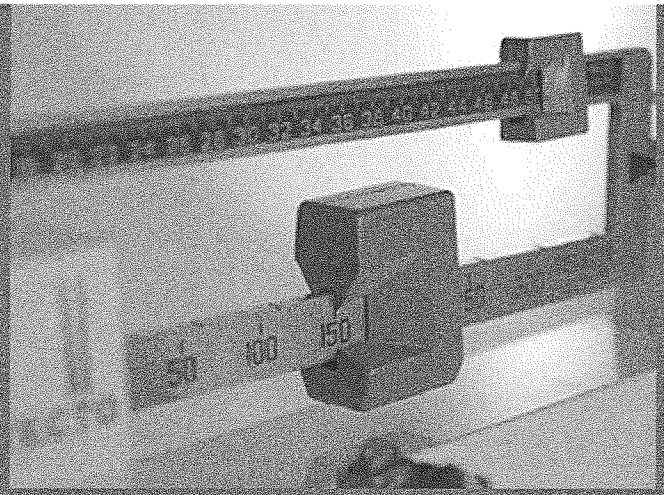
News You Can Use

January 2016

Dear ?,

It's a new year and a great time to try new things! Many common resolutions—to lose weight, exercise more, and quit smoking—are healthy habits that can help you lower your cancer risk. Keep reading for some tips and tools for making those resolutions and sticking to them.

Do You Know Your BMI?



BMI stands for body mass index. This number is commonly used to judge whether your weight is in the healthy range or if it is in the unhealthy range, which could put you at a higher risk for health problems including cancer.

Finding your BMI is simple—just put your height and weight into our handy calculator!

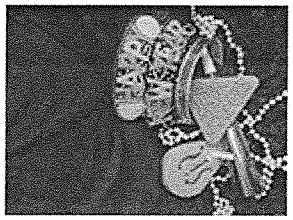
TRY IT

What every woman needs to know about cervical cancer.

What every woman needs to know about cervical cancer.

Following the American Cancer Society guidelines can help find cervical cancer early, and can also find pre-cancers, which can be treated to keep cervical cancer from forming. **Read what our experts say about preventing this cancer or catching it early »**

Tips for making (not breaking) New Year's resolutions.



Tips for making (not breaking) New Year's resolutions.

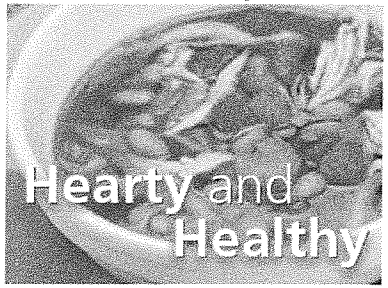
More than 40% of American adults make New Year's resolutions, and almost half of them will keep their resolution for at least 6 months. And you can do it! Here are some tips and tools to help you keep your resolutions. **Read more »**

"I'm not taking one step at a time. I'm running."

"I'm not taking one step at a time. I'm running."

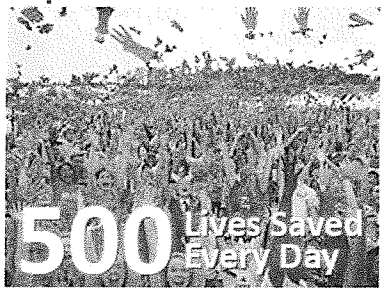
At just 25, Tamika Felder found out she had cervical cancer. She started her own organization as a way for women with cervical cancer to connect and support each other. Now, 14 years later, Tamika is cancer-free and advocating for others. **Read her story to find out more »**

Recipe: Chicken and White Bean Soup



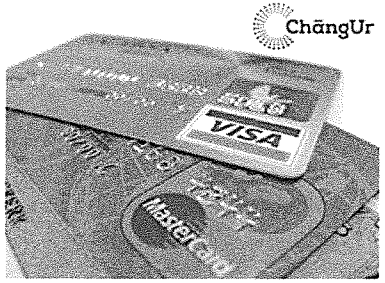
Recipe: Chicken and White Bean Soup

The fight against cancer has never been more hopeful



The fight against cancer has never been more hopeful

Find out how your spare change can save lives.



Find out how your spare change can save lives.

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You can always contact us 24 hours a day, 7 days a week, at **1-800-227-2345** or at cancer.org/contactus.

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