March is Colon Cancer Awareness Month



Colon cancer is one of the most common cancers in the U.S., but also one of the most preventable. This month is a reminder to schedule your screening and make simple lifestyle choices that support colon health.

Why Screening Matters

- Regular screenings can find precancerous polyps before they turn into cancer.
- Most adults should begin screening at age 45.
- Talk to your doctor if you have a family history or other risk factors.

Healthy Habits for Prevention

- Eat more fiber-rich foods like fruit, vegetables and whole grains.
- Stay physically active and maintain a healthy weight.
- Limit alcohol and processed meats.

This March, make your health your priority. Schedule your screening, talk to your provider and encourage loved ones to do the same. Early action can save lives.



The Benefits of Ecotherapy

Have you ever been sitting at your desk, overwhelmed by emails, and thought to yourself, *I need to take a walk*. Getting outside is not just a quick fix; it's part of a larger concept called ecotherapy: people are connected to the Earth and impacted by the natural environment in the most positive way.

The benefits of direct contact with nature are invaluable for your mental health. Immersing your senses in nature can do wonders to lower blood pressure, reduce symptoms of anxiety and depression, stimulate productivity and creativity and reduce agitation. Ecotherapy also taps into the benefits nature bestows upon all senses. When in nature, what you see is complemented by the effects on other senses, like hearing birds chirping or water flowing from a fountain; smelling flowers or fall leaves as the seasons change.

What are some ways to enjoy the advantages of ecotherapy?

- Taking a leisurely walk or jog
- Meditating in nature
- Gardening
- Forest bathing
- Doing yoga at the park
- Visiting your local botanical gardens

Benefitting from ecotherapy can look different for everyone. Whether it's a 20-minute walk around your neighborhood or going hiking in the mountains, be sure to schedule time in your routine to step away from technology and immerse your senses in the outdoors.