

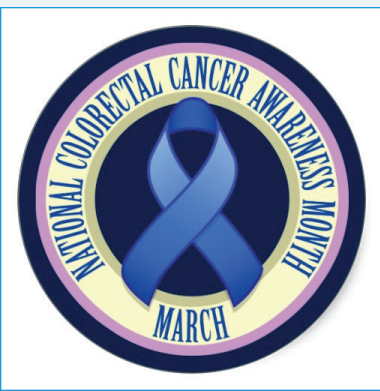
# March Health Awareness



www.HillHealthCenter.com •     
428 Columbus Avenue, New Haven

Brought to you by the Wellness Education & Outreach Team

## National Colorectal Cancer Awareness Month



### Prevention is Key to Early Detection

Colorectal cancer screening saves lives. If everyone who is 50 years old or older were screened regularly, as many as 60% of deaths from this cancer could be avoided.\* Learn more this March at our informational table.

#### The informational table will be available:

Monday, March 11th and 18th  
8:30 am – 10:00 am and 1:30 pm – 3:00 pm

\* www.cdc.gov

## National Nutrition Month®

### Eat Right. Your Way. Every Day.

Everyone is different. Learn more about personalized healthy eating this March. Visit [www.eatright.org](http://www.eatright.org) and visit our informational table.

#### The informational table will be available:

Thursday, March 7th, 2013 from 9:30 am – 11:00 am and 1:30 pm – 3:00 pm  
Thursday, March 14th from 10:00 am – 11:30 am and 1:30 pm – 3:00 pm  
Thursday, March 21st from 8:30 am – 10:00 am and 1:30 pm – 3:00 pm



## American Diabetes Association® Alert Day®

### The Diabetes Risk Test. Take it. Share it.

American Diabetes Association® Alert Day® is a one-day “wake-up call” asking the American public to take the Diabetes Risk Test to find out if they are at risk for developing type 2 diabetes. Visit our informational table to learn your risk and how you can prevent diabetes.

#### The informational table will be available:

Tuesday, March 26th from 8:30 am – 10:00 am and 1:30 pm – 3:00 pm

 American Diabetes Association.  
**ALERT! DAY**  
[www.diabetes.org](http://www.diabetes.org)