April 2004 Wellness Message

Dear Fellow Employee:

Do you know that **two thirds of cancer deaths are due to lifestyle choices**?

Lower your risk of cancer by:
1. eating a healthy diet filled with whole grains, vegetables and fruits
2. exercising regularly
3. not smoking

April is Cancer Control Month. Eating healthily and being physically active are choices we make on a daily basis. Since we have the option, why do we not make healthier choices?

April 2nd is Walk To Work Day. Walking to work is not practical for many, however we can all find opportunities to be more active during that day (and each day thereafter).

Find out more by visiting the WOW website for links to a wealth of wellness info, including **new** fitness club discounts. www.michigan.gov/mdcs/0,1607,7-147-22854_24290---,00.html

If you are unable to access the website from the above link, go to www.michigan.gov/mdcs and click on Employee Benefits, then Employee Health and Wellness. Please feel free to call our toll free number (1 877 381-0225) if you have difficulty accessing our website or its links.

Congratulations Brenda Rogers! You are the March WOW Contest Winner.
Prize: "Speaking of Women's Health: The Book"

Thanks to all contest participants. Please try again next month if you have never been selected a winner.

Employee Health & Wellness
Working On Wellness
WOW Team