We Want To Feature YOU!
Have a recipe you want to share? Do you and/or your family participate in healthy activities? We want to know! Send us your pictures or tips to our Instagram or Facebook @mesahealthandwellness or email MesaWellness@MesaAZ.gov

October is Breast Cancer Awareness Month!
According to the American Cancer Society, Breast Cancer is the second leading cancer causing death in women, with an estimated 316,120 new diagnoses projected in 2017.

What are some risk factors you can control?
- Alcohol use. Women should limit alcohol to no more than 1 alcoholic drink per day
- Being overweight or obese after menopause
- Lack of physical exercise

What are some risk factors you cannot control?
- Being a woman
- Family history
- Race and ethnicity

Prevention:
- Physical Activity. Getting at least 150 minutes of moderate exercise per week
- Nutrition. Focus on cruciferous and dark, leafy vegetables like spinach and broccoli; fruits; whole grains; and legumes
- Early detection. Women at average risk should receive a mammogram every year from age 45-54 and every other year beginning at 55. Women 40-44 have the option to be screened annually.

* To schedule your mammogram at the Wellness Fair call 888-233-6121
For more information, visit our website or visit www.cancer.org

Fall Classes & Events
- Orange Theory Discount to City of Mesa Employees: $89 for the Elite membership (8 times/month) or unlimited membership Premier for $149. Also a discount of 30% off the start- up fee and package which is normally $79. (Available at Dana Park, East Mesa Red Mountain, Pecos Ranch, and Tempe locations)
- Express Yoga at the City on Tuesdays
  - FREE 30 minute yoga classes at Mesa Arts Center & the Charles K Luster building on Tuesdays between 12:15-12:45pm. Review our schedule on https://mesahealthandwellness.com/yoga-express
- Water Exercise Classes now offered at Kino Jr. High and Skyline pools
  - Kino classes on Tues/Thurs from 6-7am; 2nd class option from 6-7pm
  - Skyline classes on Mon/Wed from 6-7am; 2nd class option from 6-7pm
  - For more information call Beth Grasser (480) 644-4950 or visit http://www.mesaaz.gov/things-to-do/parks-recreation-commercial-facilities/pools/swimming-lessons/water-exercise
- Wellness Wednesdays: Mindful Coloring, MCP 650S, 20 E Main Street from 12-1pm
  - October 4th
  - November 1st

REGISTER for classes on the Learning Center or contact 480-644-2573
**Ingredients**
- 1 cup cooked quinoa
- 1/3 cup canned low-sodium black beans, drained and rinsed
- 1 small tomato, chopped
- 1 scallion, sliced
- 1 teaspoon olive oil
- 1 teaspoon fresh lemon juice
- Pinch of salt
- Pinch of freshly ground black pepper

**To Make:**
In a medium bowl, gently toss all ingredients to combine.

Reference: www.myrecipes.com

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**Vice Mayor Luna’s Wellness BINGO Challenge**
Vice Mayor Luna is challenging City employees to stay healthy this October! Play Wellness Bingo and qualify to win great prizes!

**When:**
- **Program Dates:** October 1 – October 31, 2017

**How To Play:**
- Download a BINGO Card from: www.mesahealthandwellness.com/BINGO
- Print and complete card during the month of October 2017
- Return Card to Wellness by November 2, 2017; Email: MesaWellness@mesaaz.gov; Inter-office: Nicole Stec, Wellness/HR; Drop Off: MCP Suite 130—Human Resources Front Desk

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**Employee & Retiree Wellness & Benefits Fair 2017**
**October 12, 2017**
9am-2pm
Mesa Convention Center, 201 N. Center Street

- Health Benefits Open Enrollment
- **FREE Flu Shots—Employees and Retirees Only**
- Health and Wellness Vendors and Employee Network Discount Vendors
- Prostate, 3D Mammography, skin cancer and bone density screenings (All billed to your insurance plan)
- Food Trucks from 8:00am—2:00pm

To schedule a Prostate Cancer Screening, please contact POP at 480-964-3013.
To schedule a 3D mammogram, skin cancer and diabetes screenings, please contact Assured Imaging at 888-233-6121.

For more information, please visit: www.mesahealthandwellness.com/wellnessfair

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**Quick and Easy Energy-Revving Quinoa**

Yield: 1 Serving (1 ½ cup)

Nutritional Information (per serving): Carbohydrate 53g; Protein 14g; Fiber 9g; Fat 8.2g; Sodium 165mg; Iron 4mg

**Ingredients**
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- 1/3 cup canned low-sodium black beans, drained and rinsed
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- 1 scallion, sliced
- 1 teaspoon olive oil
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