

WELLNESS FOR LIFE



OCTOBER 2025 BUSINESS BUZZ

NATIONAL BREAST CANCER AWARENESS MONTH!

1 in 8 women in the United States will be diagnosed with breast cancer in her lifetime. In 2025, an estimated 316,950 women and 2,800 men will be diagnosed with invasive breast cancer. Chances are, you know at least one person who has been personally affected by breast cancer. But there is hope. When caught in its earliest, localized stages, the 5-year relative survival rate is 99%. Advances in early detection and treatment methods have significantly increased breast cancer survival rates in recent years, and there are currently over 4 million breast cancer survivors in the United States. Awareness of the facts and statistics surrounding breast cancer in the United States is key in empowering individuals to make informed decisions about their health.

Fall Wellness Tips

Take care of your skin. Cooler temps and drier air can affect your skin, make sure to moisturize and continue wearing SPF.

Enjoy seasonal produce. Pumpkin, apples, squash, cranberries, sweet potatoes, eggplant, and beets are all in season and delish!

Focus on mental health. Seasonal Affective Disorder (SAD) hits many people in the fall and winter months. Make sure to get exposure to sunlight and do things to keep your mental health sharp.

Get a wellness check up. Sick season is coming up, discuss ways to stay healthy with your primary care provider.

OCTOBER EVENTS

Friday Oct 10

Creative Canvas 6:00-9:00pm

Tuesday Oct 14

HS Girls Swim Meet - Olson Pool
Closes 5:30pm

Friday Oct 17

Middle School Dance 8:00-10pm

Saturday Oct 18

Kids Night Out 5:30-9:30pm

Tuesday Oct 21

HS Girls Swim Meet - Olson Pool
Closes 5:30pm

Saturday Oct 25

Dunkin' For Pumpkins 11:00a - 1:00p

Maple Brussels Sprouts with Rosemary "Breadcrumbs"

Try this take on roasted brussels sprouts, topped with a breadcrumb alternative of hemp hearts! Hemp hearts are full of healthy fats and are a complete plant-based protein source.

INGREDIENTS:

- 3 cups halved brussels sprouts
- 4 tbsp olive oil
- 2 tbsp maple syrup
- 1 tbsp chopped rosemary
- 2 cloves garlic, minced
- 1/4 tsp red chili flakes
- 3 tbsp hemp hearts
- Sea salt

Toss the Brussels with 2 tbsp olive oil and 1/2 tsp salt to coat. Bake at 425 for 25-35 minutes, until brown at edges and on bottom. Toss with maple syrup and return to oven for 5 minutes.

Meanwhile, make your breadcrumbs! Add 1 tbsp olive oil to a medium skillet over medium heat. Warm, and then add rosemary, garlic, chili flake, hemp hearts, and 1/8 tsp salt. Cook until hemp is just golden, about 1-2 minutes, removing from the skillet immediately so it doesn't burn (keep your eye on it!!). To serve, top the Brussels with the hemp breadcrumbs and enjoy!!

