

WELLNESS FOR



LIFE

OCTOBER 2026 BATHROOM BUZZ

BREAST CANCER AWARENESS MONTH

October is Breast Cancer Awareness Month, a time to raise awareness about breast cancer and encourage proactive health care. Knowing your personal risk factors and being familiar with how your breasts normally look and feel can help you notice changes and discuss them with your health care provider. Recommended screening can vary based on age and individual risk, so talk with your provider about what is appropriate for you.

This month is also an opportunity to support loved ones, share reliable health information, and make time for your own wellness. Small steps, such as keeping routine appointments, staying active, maintaining healthy habits, and following recommended screening guidelines, can contribute to overall health. Early detection can make a difference, so don't put off discussing concerns or questions with your health care team.

SPOOKY TO SATISFYING

With Halloween candy and treats hitting the aisles, try some of these nutritious alternatives to your fall favorites:

Caramel Apple → Apple Nachos

Slice apples, drizzle with peanut butter or yogurt, and top with dark chocolate chips or cinnamon.

Chocolate Bar → Chocolate Covered Strawberries

To get your chocolate fix, pair it with some fruit for a more satisfying snack.

Sugary Punch → Fruit Water

Add orange slices, berries, cucumber, lemon, or mint to your water for a tasty, less-sugary drink.

FITNESS HIGHLIGHT

PARKINSON'S IN MOTION
M/W 10-11AM in MIDDLE GYM

This seated class focuses on balance, strength and cognitive components to assist people with chronic disease, especially Parkinson's Disease. Class also includes exercises to improve gait, rigidity, handwriting skills and posture.

UPCOMING EVENTS

THURS OCT 15: HS GIRLS SWIM MEET 5:30PM

FRI OCT 16: MIDDLE SCHOOL DANCE 8-10PM

SAT OCT 17: KIDS NIGHT OUT 5:30-9:30

MON OCT 19: ADVENTURE ALL DAY - GREAT PLAINS ZOO

TUE OCT 20; HS GIRLS SWIM MEET 5:30PM

FRI OCT 23: CREATIVE CANVAS 6PM

SAT OCT 24: DUNKIN FOR PUMPKINS 11AM-1PM