



MARCH 2020

National Colorectal Cancer Awareness Month

TAKE ACTION!

Awareness only goes so far toward improving your health: you also need to take action. Track your weekly progress as you establish your healthier lifestyle to decrease your risk!

Week 1: Create a monthly wellness plan What do you want to improve this month? Set a short-term health goal and plan to achieve it.

Week 2: Get started Are you ready? Begin your plan and stick to it.

Week 3: Look for improvement How are you doing? Think about what's working and if you need to adjust your plan.

Week 4: Keep going Are the adjustments helping? Finish the month strong!

Week 5: Reflect Did you reach your goal? What worked and what should change next month?



INTEGRITY CONSULTING GROUP

Employee Benefits Specialists

Provided by:

INTEGRITY CONSULTING GROUP

104 Interchange Plaza, Suite 202

Monroe Township, New Jersey 08831

(888) 737-4313