



## Your Health Matters

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Halloween is an exciting time of year for kids, and to help them have a safe holiday, click below for some tips.



### October is Breast Cancer Awareness Month

Breast cancer is one of the most common kinds of cancer in women. The good news is that most women can survive breast cancer if it's found and treated early. [Click here](#) to learn more.



### Only You Can Stop the Flu

The single best way to prevent seasonal flu is to get vaccinated each year, but good health habits like covering your cough and washing your hands often can help stop the spread of germs and prevent respiratory illnesses like the flu. Click the image on the right for more information.

