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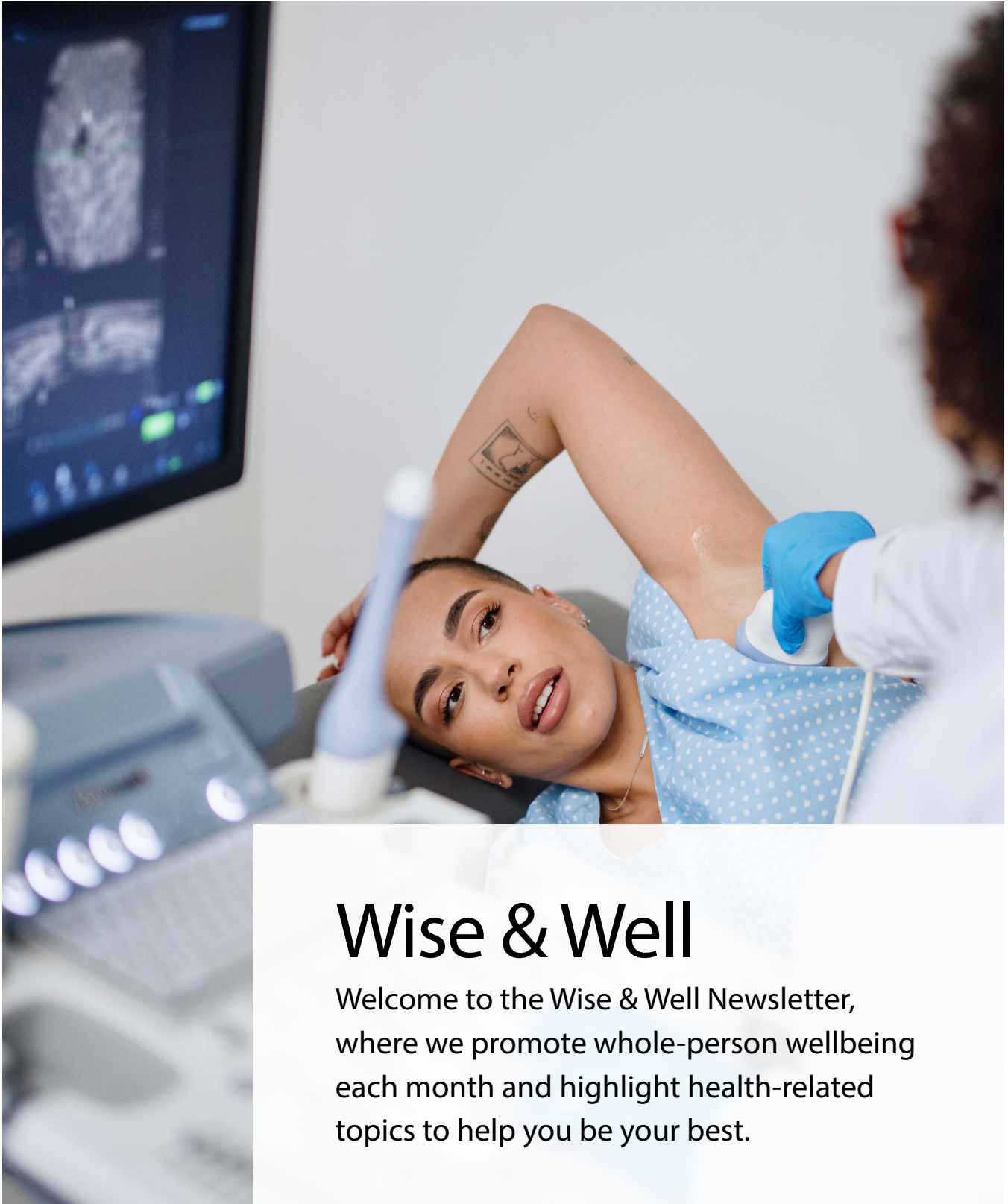
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Wise & Well

Welcome to the Wise & Well Newsletter, where we promote whole-person wellbeing each month and highlight health-related topics to help you be your best.

Breast Cancer Awareness

With fall in the air, October brings about cooler days and changing leaves. For parents, it's a time of school routines (finally) settling in, evenings filled with homework at the dining room table and building excitement for Halloween tricks and treats. For workers across the U.S., it's the final stretch for year-end goals, the rush of packed calendars and the anticipation of the holidays. Amid all this activity, October also serves as a powerful reminder of a critical cause: Breast Cancer Awareness Month.

This annual observance highlights the importance of education, prevention, early detection and support in the fight against breast cancer, while underscoring the impact awareness efforts can make.

The Scope: Breast Cancer Today

Breast cancer remains the most common cancer diagnosed in women in the United States, second only to nonmelanoma skin cancer. In 2025, the American Cancer Society projects that 316,950 women and 2,800 men will be diagnosed with breast cancer, adding up to nearly 319,750 new cases nationwide or about one diagnosis every two minutes. However, today, there are more than 4 million breast cancer survivors in the U.S., a powerful testament to the progress that's been made.

These figures underscore the widespread reach of the disease. It's equally important to remember that breast cancer affects individuals of every age, race and background, reminding us that behind the statistics are real people and families, each with unique risks shaped by genetics, history and circumstance. Certain factors can increase risk, including family history, age and inherited gene mutations like BRCA1 and BRCA2, which normally help suppress tumor growth. At the same time, survival rates continue to improve: The five-year relative survival rate for invasive breast cancer is 91% overall, with outcomes closely tied to stage at diagnosis. When the cancer is found early and remains localized to the breast, the survival rate rises to 99%, underscoring just how critical early detection and timely treatment are in saving lives.

Prevention and Early Detection: The First Line of Defense

Awareness begins with understanding personal risk and making proactive health choices like prioritizing regular screenings, staying physically active and making lifestyle choices that support long-term health. These steps can not only reduce the chance of developing breast cancer but also increase the likelihood of catching it early, when it's most treatable.

For women, regular screenings are key:

- **Ages 40-44:** Option to begin annual mammograms.
- **Ages 45-54:** Annual mammograms recommended.
- **Ages 55+:** May continue yearly screenings or switch to every two years, depending on preference and medical guidance.

In addition to screenings, lifestyle factors can play a meaningful role in prevention. Steps include:

- Staying physically active.
- Maintaining a healthy weight.
- Limiting alcohol.
- Avoiding smoking.
- Eating a balanced, nutritious diet.

It's also vital to recognize potential symptoms. While not every lump is cancer, any changes in breast tissue, skin or nipple appearance should be evaluated by a healthcare provider promptly.

October Is a Time for Action

The awareness raised each October has fueled real progress. More women are getting screened, cancers are being caught earlier, and survival rates are improving. Fundraising efforts during Breast Cancer Awareness Month also support groundbreaking research and better treatment options, while community events provide visibility and reduce stigma.



You can make an impact this month by:

- Educating yourself and others on the importance of screening.
- Encouraging loved ones to schedule their mammograms.
- Supporting local events, fundraisers or walks.
- Donating to reputable breast cancer research organizations.
- Sharing stories, facts and resources to keep the conversation going.

Breast Cancer Awareness Month is more than a campaign. In fact, it's a reminder that each of us has a role to play. Whether through personal health choices, supporting a loved one or contributing to advocacy and research, every action makes a difference.

This October, when you see pink ribbons, let them serve as more than symbols. Let them be a call to action, a reminder that awareness, prevention and early detection truly save lives.

Additional Resources

Upcoming Wise & Well Webinar — Register Now!

Topic: Gratitude and Giving Back

When: Tuesday, November 4 | Noon – 1:00 p.m. ET



To register, [click here](#) or scan the QR code.

We welcome you to join us for our next Wise & Well Webinar on November 4, focusing on the topic of gratitude and giving back. Additional details will be shared soon. Remember, you can access our **Wise & Well Training Center** for the most up-to-date information on our upcoming events, along with a plethora of additional wellbeing-related resources.

Learn More and Find Support

- Susan G. Komen Foundation – Tools and Resources: [komen.org](https://www.komen.org)
- American Cancer Society – Programs and Services: [cancer.org](https://www.cancer.org)
- National Breast Cancer Foundation: [nationalbreastcancer.org](https://www.nationalbreastcancer.org)

Source: [bcrf.org](https://www.bcrf.org)



Monthly Moves

Protect Your Knees

Your knees carry a heavy load, literally. One in four adults experiences chronic knee pain, often from overuse or conditions like osteoarthritis. The good news? Strengthening the muscles around your knees can make a big difference in keeping them healthy and pain-free.

Doctors and physical therapists emphasize that muscles act like shock absorbers for your joints. Strong quads, glutes, calves and hamstrings all help stabilize the knee and protect it from strain. Weak or tight muscles, on the other hand, can throw your alignment off and increase pressure on the joint.

Clamshells with Band

Lie on your side with knees bent and a resistance band above your knees. Lift your top knee while keeping your feet together to activate the glutes and improve hip stability.

The goal: 3 sets of 10–12 per side

Goblet Squat

Stand with your feet hip-width apart. Hold a dumbbell or kettlebell at your chest. Sit back into a squat, keeping your chest up and knees pressed outward. Builds strength in quads, glutes and hamstrings.

The goal: 3 sets of 10–12

Calf Raises

Stand tall and rise onto your toes, then lower slowly. Progress to single-leg raises for added challenge and ankle stability.


The goal: 3 sets of 15–20

Bulgarian Split Squat

Place your back foot on a chair or bench and lower into a lunge. This move strengthens quads, hamstrings, glutes and core all at once.

The goal: 3 sets of 10–12 per side

Source: [nytimes.com](https://www.nytimes.com)



Pumpkin Lasagna

Why should pumpkin pie have all the fun? This cozy fall twist on a classic layers creamy pumpkin, savory sausage and plenty of melty cheese into a hearty lasagna that's perfect for crisp October nights. It's comfort food with a seasonal glow and guaranteed to win over even the pumpkin skeptics at your table.

Ingredients

- 1 cup pumpkin puree
- 1 1/2 tablespoons extra-virgin olive oil
- 1 medium onion, chopped
- 4 to 6 cloves garlic, sliced
- 1 pound spicy Italian sausage, casings removed
- 1/2 cup red wine
- 1 28-ounce can tomato sauce
- 1/4 cup chopped fresh basil
- 1/4 cup chopped fresh parsley
- 1/2 teaspoon dried oregano
- Kosher salt and freshly ground pepper
- 1 16-ounce box lasagna noodles
- 1 large egg
- 2 1/2 cups ricotta cheese
- 2 cups shredded mozzarella cheese
- 1/2 cup shredded Romano cheese
- 1 large zucchini, very thinly sliced



Pumpkin Lasagna

Directions

1. Preheat the oven to 350 degrees. Place the pumpkin puree in a fine sieve over a bowl; set aside to drain while you make the sauce.
2. Heat 1 tablespoon olive oil in a medium pot over medium heat. Add the onion and sauté until translucent, 6-7 minutes. Add the garlic and cook until fragrant, two more minutes. Add the sausage and cook until brown, breaking it up with a wooden spoon. Pour in the wine and cook until reduced by half. Stir in the tomato sauce and herbs and bring to a simmer over medium-low heat. Season with salt and pepper, cover and reduce the heat to low. Simmer 15 minutes, stirring occasionally.
3. Meanwhile, bring a large pot of salted water to a boil. Add the lasagna noodles and cook as the label directs. Drain and toss with the remaining 1/2 tablespoon olive oil.
4. Mix the strained pumpkin puree with the egg in a bowl and season with salt and pepper. In a separate bowl, mix the ricotta, 1 cup mozzarella and the Romano.
5. Build your lasagna in a 9-by-13-inch baking dish: Start with a layer of sauce, then top with a layer of noodles. Evenly spread half of the pumpkin filling, then half of the zucchini, over the noodles. Top with half of the cheese mixture and cover with some of the sauce. Repeat the layers, finishing with noodles and sauce; sprinkle with the remaining 1 cup of mozzarella. Bake, uncovered, 35-40 minutes, or until bubbly. Let cool 15 minutes before slicing.

Source: [foodnetwork.com](https://www.foodnetwork.com)

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October Is Breast Cancer Awareness Month

October is Breast Cancer Awareness Month, and each week brings a vital message about women's health and prevention. Below are five key tips to guide us through this important month.

October 3

Book Your Screening

If you're at average risk, women ages 40-44 may start annual mammograms; ages 45-54 should get them yearly; ages 55+ can go every two years or continue annually. Keep screening as long as you're in good health.

October 10

Know the Signs

See your clinician promptly for any new lump, skin dimpling or "orange peel" texture, nipple changes (inversion and discharge), redness or swelling in the breast, collarbone or armpit. Early conversations save time and lives.

October 17

Move More, Drink Less

Regular physical activity and maintaining a healthy weight support overall cancer prevention. If you drink, less is better for breast cancer risk. Consider cutting back or skipping alcohol.

October 24

Personalize Your Plan

Ask about *your* risk: family history, prior biopsies, genetics (e.g., BRCA1/2) and breast density can change screening conversations. For dense breasts, evidence on extra ultrasound/MRI is mixed, so decide with your clinician.

October 31

Buddy Up and Follow Through

Pick a "screening buddy" and schedule together; set calendar reminders for annual/biannual imaging. Share trusted resources (ACS, Komen and NBCF) with friends who might need a nudge.



Send our Wise & Well Tips of the Week to your employees for quick, easily digestible health and wellbeing tidbits they can incorporate into their daily lives.

– Your Wise & Well Team

Source: [cancer.org](https://www.cancer.org)



October Is Breast Cancer Awareness Month



**Six Small Steps Today Can Protect
Your Health Tomorrow**

**319,750 new U.S. breast cancer cases in 2025
≈ one diagnosis every two minutes**

Source: [cancer.org](https://www.cancer.org)

