

Your October Health Advocate Member Newsletter

1 message

Health Advocate <response@healthadvocate.com>
To: crl215@lehigh.edu

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Fight the flu, starting now

Early fall is the time when flu activity generally starts. It's important to begin taking steps to protect yourself, coworkers, and loved ones from catching the virus, which can be life-threatening for some people. Read on to find out about the recommended steps to take.

[Find out more >>](#)



Managing your money

Taking small steps toward financial wellness can help improve your health and well-being. If



Avoid friction at family gatherings

The warm, fuzzy feelings usually associated

you're shaping up your finances-whether it's to go on that dream vacation, buy a new home or pay off debt-you need to stick to a plan. Start with the basic 50-30-20 rule of budgeting that will help you create a balance between your obligations, goals and splurges. Read on to learn more about this basic rule to start making changes to trim your expenses with the goal of becoming financially fit!

[Learn how >>](#)

with the holidays can turn icy when family members with very different personalities, opinions and beliefs come together, potentially triggering arguments. The tension can add to the stress of trying to have the "perfect holiday." Read on for tips to promote more good cheer-and less stress-at family gatherings:

[Read now >>](#)



October is Breast Cancer Awareness Month

Other than skin cancer, breast cancer is the most common cancer among U.S. women, according to the Centers for Disease Control and Prevention. Learn about your risks, the symptoms and how early detection can help save lives.

[Click here >>](#)



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