

# Toilet Talk



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“Success is never final.  
Failure is never fatal.  
It’s courage that  
counts.”

–John Wooden

## Be Kind on Friday the 13<sup>th</sup>!

November 13<sup>th</sup> is World Kindness Day! Although it is important to be kind to others EVERY day, this is a designated day to go out of your way to do something special for someone else. Some ideas for spreading kindness include: Smile at five strangers, give someone a hug, hold the door open for someone, call a family member, share an inspirational quote, eat lunch with someone new, take out the trash, or write a thank you note! Join in the fun and help spread kindness on World Kindness Day! For more ideas on random acts of kindness, visit: [www.randomactsofkindness.org](http://www.randomactsofkindness.org)



## Get Cooking To Stop Diabetes!

November is American Diabetes Month! The objective of this month is to raise awareness and understanding of how to manage and prevent diabetes. Did you know nearly 30 million children and adults in the U.S. have diabetes? Another 86 million Americans have pre-diabetes and are at risk for developing type 2 diabetes. These individuals are nearly twice as likely to be hospitalized for health issues such as heart attack, stroke, and kidney failure.

One of the main solutions to preventing type 2 diabetes includes eating right and staying active. There are 10 “super foods” that are suggested for a healthy diet. These foods include: beans, dark green leafy vegetables, citrus fruit, sweet potatoes, berries, tomatoes, fish, whole grains, nuts, and fat-free milk and yogurt. There are also plenty of fun ways to stay active! A few ways to stay active while having fun are: swimming, running, bike riding with friends, playing tennis, roller skating, and dancing!

For more information about supporting the cause and ways to prevent diabetes, visit: [www.diabetes.org](http://www.diabetes.org)

## Lung Cancer Awareness Month

November is officially Lung Cancer Awareness Month! Lung cancer is the leading killer of both men and women in America. Nearly 400,000 people in the United States are living with lung cancer, and the survival rate of lung cancer is 17%, which is drastically lower than the survival rate of breast or prostate cancer.

During November, many people throughout the entire world come together to support the lung cancer community. If you are looking for ways to spread the word and support the community, here are some helpful ideas: attend or host an event in your area using social media to spread awareness, send a letter to your local newspaper (to share your story or to raise awareness), or participate in a walk, run, bike, swim event to support the cause.

For more information, visit: [www.lungcanceralliance.org](http://www.lungcanceralliance.org)

Brought to you by Wellness Services! 😊

Questions? Comments? Please email us at [HealthServices@manchester.edu](mailto:HealthServices@manchester.edu)