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Parenting Through Cancer with CancerBridge

Cancer survivors and caregivers who are providing care to a child (ages 3-18) face many unique challenges as they help their child cope with an adult loved one's cancer diagnosis. Join CancerBridge and a licensed social worker with the James Comprehensive Cancer Center to learn more about parenting through cancer on **Thursday, July 20th at 11am**. [Click here](#) to register.

Have you or a loved one been diagnosed with cancer? Whether you have just a couple questions or you want ongoing support throughout your cancer journey, CancerBridge is here to help. Oncology nurses can answer your questions about treatment plans, what to expect, and how to navigate each step along the way. This service is available to employees and their immediate family members, including parents, in-laws, partners, children, and siblings. Call CancerBridge at 855-366-7700 to connect with an oncology nurse today.



Food Swaps for Healthier Eating

Making changes to your diet can feel like a daunting task and oftentimes there are certain things we just don't want to give up. Instead of trying to make drastic changes, try making healthy food swaps instead! Can't imagine your tacos without sour cream? Try using plain Greek yogurt. Not only does it have less of the "bad stuff" that sour cream has, but it also has good nutritional value from things like protein. Try these other healthy cooking substitutes to improve your diet.

- Vegetable noodles (i.e., zucchini, spaghetti squash) instead of pasta
- Riced cauliflower instead of rice
- Non-fat Greek yogurt instead of sour cream
- Avocado instead of mayo
- Herbs and spices to add flavor, instead of things like cream and butter
- Chickpeas or tortilla chips to top salads instead of croutons
- Oil and vinegar instead of bottled dressings
- Sub ¾C whole wheat flour per 1C all-purpose flour
- Applesauce instead of oil when baking
- Coconut oil instead of butter
- Almond milk instead of cow's milk

Check out some of these healthier recipes with popular ingredient swaps for your next meal or dessert!

- [Homemade salad dressings](#)
- [Cauliflower fried rice](#)
- [No-Noodle Zucchini Lasagna](#)
- [Black bean brownies](#)
- [Applesauce cake](#)
- [Whole wheat strawberry shortcake](#)

**WHEN WE REACH OUT FOR HELP,
WE BEGIN TO HEAL OURSELVES
AND OUR COMMUNITIES.**



DOWNLOAD THE BIPOC MENTAL HEALTH
2023 TOOLKIT: [MHANATIONAL.ORG/JULY](https://mhanational.org/july)

Minority Mental Health Awareness

First recognized in July 2008, Minority Mental Health Awareness Month was created to bring awareness to the unique struggles that underrepresented groups face regarding mental illness. This year the campaign is all about the power of culture, community, and connection for Black, Indigenous, and People of Color (BIPOC).

Join Franklin County's Office of Diversity, Equity, and Inclusion, as well as [NAMI](#), [ADAMH](#), and [Nationwide Children's Hospital](#) for a discussion on the importance of mental health, barriers that families face, and how to break mental health stigmas and stereotypes. The event will be live streamed on the [Franklin County Board of Commissioners Facebook Page](#) on **Thursday, July 13th from 1-2pm.**



Q2 Gym Reimbursement Due Friday, July 14

Did you know that you can receive up to \$25/month toward the cost of your gym membership? Eligible memberships include boutique-style studios, personal training, at-home/virtual memberships (i.e., Peloton), and more! If you're not sure if your membership qualifies, contact ThriveOn – we're here to help!). [Click here](#) for more information and to complete your reimbursement request today. Quarter 2 (April, May, and June) requests are due Friday, July 14th.



Commit to be Plastic Free

[Plastic Free July](#) is a global movement that helps millions of people be part of the solution to plastic pollution – so we can have cleaner streets, oceans, and beautiful communities. Will you be part of Plastic Free July by choosing to refuse single-use plastics? [Click here](#) to take the challenge! Not sure what plastics you can change? Take the [Pesky Plastics Quiz](#) or read below for some simple changes you can make to reduce your plastic waste in July (and all year long!).

- Use reusable bags at the grocery
- Avoid single-use plastics (reusable metal straws and cutlery are a great alternative)
- Celebrate in style with [plastic-free decorations](#)
- Use a refillable water bottle
- Pack your lunch/snacks in glass or steel containers
- If you have plastics, recycle them – learn more about [recycling plastics with SWACO](#)
- [Click here](#) for more ideas!

Solid Waste Authority of Central Ohio (SWACO) and the Columbus Zoo & Aquarium have partnered to host a webinar on **Monday, July 17th from 1-2pm** to discuss how you can take action and create sustainable habits that will last a lifetime. [Click here](#) to register.

Wellness *your* Way

Attend Pantry Basics to Earn \$50

Using fresh fruits and vegetables is not the only way to add plant foods to your diet. Join Maddie Bidwell, Registered Dietitian, to learn how using canned and frozen produce can stretch your food dollars and help with quick and easy meal prep, allowing you to create multiple meals using foods already in your pantry and freezer.

Wednesdays, July 12-26 from 12-12:45 pm. [Click here](#) to register. Attend 2 of 3 sessions to earn a \$50 incentive through ThriveOn's *Wellness Your Way* program!

Note: If you plan to attend the webinar from your mobile device or from home, be sure to register with a personal email address (not a work email). The password for all sessions is *Wellness*.