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Today is the day to schedule your mammogram.

Schedule Your Mobile Mammography Appointment

Today is the day to schedule your mammogram. ThriveOn has partnered with The James Mobile Mammography Unit to bring mammography screenings to you! Plus, you can receive a \$50 Well-Being Activity incentive through ThriveOn's *Wellness Your Way* program for completing your routine mammogram (visit fccThriveOn.com to learn more).

Throughout May, the James Mobile Mammography Unit will be onsite at several Franklin County Cooperative locations.

- Thursday, May 11 from 9am – 1:30pm at Government Tower (corner of Mound Street & High Street)
- Monday, May 15 from 9am – 1:30pm at Job & Family Services West
- Thursday, May 18 from 9am – 1:30pm at Job & Family Services Northland
- Wednesday, May 31 from 9am – 1:30pm at Job & Family Services East

Eligibility criteria:

- Not pregnant
- Not nursing
- Asymptomatic or it's been five years or more since a breast cancer diagnosis
- Ages 40 years or older
- Ages 35-39 with a doctor's order

Please call 800-240-4477 to schedule an appointment.



Upcoming \$50 Well-Being Activity Opportunities

Intuition for Well-Being

Intuition is something we begin developing at an early age, but often, with outside pressures and societal norms, overtime, we can lose our way and stop listening to our bodies. This program offers time to reflect on the importance of utilizing our intuition for our wellbeing and provides practices to strengthen mindfulness and your intuitive nature. Sharing these practices with your family can be a wonderful learning tool to teach children how to listen to their body's cues and challenge the status quo when it comes to our health and wellness.

Tuesdays from 5:00-5:30 pm from April 4-April 25. Attend 3 of the 4 sessions to receive a \$50 Well-Being Activity incentive through ThriveOn's *Wellness Your Way* program. [Click here](#) to register.

Cancer Wellness Program

Are you someone who has been previously diagnosed, currently seeking treatment, or are caring for a loved one with cancer? If so, this supportive well-being program can help you understand how to manage and reduce the side effects of treatment, improve quality of life, and learn strategies to support yourself or a loved one during this challenging journey. Hear from experts, including exercise physiologists, registered dietitians, a Reiki Master, and more!

Wednesdays from 12-12:30pm from April 5-May 24. Attend 6 of the 8 sessions to receive a \$50 Well-Being Activity incentive through ThriveOn's *Wellness Your Way* program. [Click here](#) to register.

Maddie's Culinary Commentary

Provided by OhioHealth

Fuel for the Future: National Nutrition Month

Sustainability is important for all types of fuel, including nutrition!

Here are 5 ways we can practice sustainability with our food this spring:

- 1. Limit processed foods**- Whole foods like produce and lean meats can provide more nutrition & less packaging.
- 2. Try foods in different forms** (canned, frozen, fresh and dried)- Your wallet will thank you since alternate packing methods can be cheaper and equally nutritious.
- 3. Try starting your own garden this spring**- Growing your own veggies can be a fun way to eat fresh and cut back on your grocery budget.
- 4. Avoid fad diets that promote unnecessary restriction**- Eating a balanced plate is a sustainable way to get all the nutrients you need without breaking the bank with expensive powders and shakes.
- 5. Find creative ways to use leftovers**- Try reusing meats and sauces by incorporating them into your meals during the week.

Dietitian Info:



Maddie Bidwell, RD, LD

Wellness Consultant

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614-566-0183

To learn more, schedule a nutrition counseling session with Maddie by visiting the link:

[Dietitian or Exercise Consultations Registration \(ohiohealth.com\)](https://www.ohiohealth.com/registration)