

Helping you

CLINICAL • ADVOCACY • RELATIONSHIPS • EMPOWER

SUMMER ISSUE • JULY 2025

July Spotlight: Cancer awareness

This month, we're highlighting information about cancer. You'll also find other wellness-related resources, links to *Healthy You* articles, mental health tips and healthy recipes.

Check out these articles about cancer from our CARE Health Education Library. To view a Spanish version of any of the articles in the library, click the "ES" icon in the top right corner.

- [Cancer prevention: Take charge of your lifestyle](#)
- [Prevención del cáncer: Hágase cargo de su estilo de vida](#)
- [Understanding your colorectal cancer risk](#)
- [Cuál es su riesgo de cáncer colorectal](#)

These additional links from other health organizations offer more information about cancer awareness:

- [Cancer prevention](#)
- [Cancer survival](#)
- [Foods that fight cancer](#)
- [Cancer types](#)

Healthy recipes

- [Citrus vegetables](#)
- [Summer breeze smoothie](#)
- [Summer squash squares](#)
- [Brown rice pilaf with sage, walnuts and dried fruit](#)



Healthy You magazine

Here's what's in the latest issue of *Healthy You*, an award-winning magazine with health and wellness articles that support and encourage your healthy choices.

[Throw shade at the sun](#)

7 tips to help you find the right sunglasses for any occasion.

[Mental health and minorities](#)

Learn about stigmas and barriers — and how to become a self-advocate or ally.

[Water safety](#)

Drowning is preventable. Learn about the risks and how to keep everyone safe.

Find the entire [Summer](#) issue [here!](#)

Mental health awareness

While many of us enjoy staying connected on social media, excessive use can cause feelings of anxiety, depression and isolation. Here's [how to modify your habits and improve your mood](#).