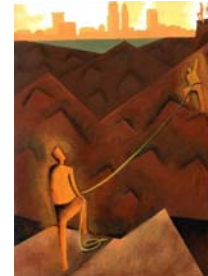


November 2009

Healthclips

from Herbruck Alder



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Quote

*"Life is not merely to
be alive, but to be
well."*

*Marcus Valerius
Martial*

[Join Our Mailing List!](#)

Healthclips is Herbruck Alder's monthly electronic newsletter that contains helpful Health & Wellness information that you can share in your workplace or community.

American Diabetes Month

November is American Diabetes Month® - a time to shine a spotlight on a serious disease that leads to potentially life-threatening complications such as heart disease, stroke, kidney disease, blindness, and amputation.

You can prevent or delay the onset of type 2 diabetes through a healthy lifestyle - change your diet, increase your level of physical activity, and maintain a healthy weight. With these positive steps, you can stay healthier longer and reduce your risk of diabetes.

Join the American Diabetes Association in launching a national movement to Stop Diabetes - help confront it, fight it, and most importantly, stop it.

[Click here](#) to read more.

2009 Employer Wellness Survey

Deadline Extended - Open until November 30th!

Herbruck Alder's 3rd Annual Employer Wellness Survey is ready to be completed! [Click here](#) to complete the survey.

By participating, you will receive a published report containing information gathered from the survey about what organizations in Northern Ohio are doing in terms of worksite wellness programs.*

The survey will remain open until November 30 and will take approximately 10 minutes to complete and must be completed at one time. For more information please contact Alison Muth at 216.623.2600 or amuth@herbruckalder.com.

* To receive a copy of the survey results, you must complete the contact information section at the bottom of the survey.

Helpful Health Hints presented by Herbruck Alder and



What to do about the flu? This year is different:
MetroHealth Encourages You to Protect Yourself and Others -
Get Vaccinated

Did you know seasonal flu kills about 36,000 people each year in the U.S., but due to H1N1, up to 90,000 people could die from the flu this season? And, did you also know you can shed flu virus and infect others for 24-48 hours before developing symptoms?

[Click here](#) to read more.

Herbruck Alder Wellness Adventurers



A Half Marathon is Better Than No Marathon At All

This year marked the 30th anniversary of the Nationwide Better Health Columbus Marathon. The run was held on October 18th and had nearly 15,000 competitors. Herbruck Alder's Annie Kozak was one of those competitors.

[Click here](#) to read more.

Local Community Events

There are numerous events in Northeast Ohio every week that help individuals lead a healthy lifestyle.

[Click here](#) to see a list of upcoming events.



Healthy Recipe

Mexican-Style Brown Rice Casserole

Like a burrito in a bowl, this dish is great for parties. Serve a big salad on the side.

[Click here](#) to see recipe.

Contact Us!

We want to be your resource for Health & Wellness. Please contact your Herbruck Alder representative at 216.623.2600 about how we can continue to help your company with their wellness endeavors.

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