

CommonHealth Weekly Wellnote

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Alcohol Awareness

Alcohol Awareness Month is observed in April as a time when individuals are encouraged to reflect on their relationship with alcohol--which can be particularly important when it comes to reducing health risks. Studies show that even small amounts of alcohol can increase our risks for cancer, heart disease, and other conditions.

The Dietary Guidelines for Americans recommends that adults of legal drinking age choose not to drink or to drink in moderation by limiting intake to no more than 2 drinks per day for men and no more than 1 drink per day for women.

If you're interested in drinking less to decrease health risks (or for any other reason), see the attachment for tips on cutting down on drinking, and say "cheers" to a healthier life.



Check with your health plan for free EAP resources if you or someone you love could use help cutting down on drinking.

Back on Track Training

Schedule an in-person training for CommonHealth's **Back on Track** campaign to learn how to prevent or manage back pain with simple strengthening exercises and stretches!

Contact your CommonHealth Agency Coordinator (or HR Benefits Administrator) to schedule a presentation and learn more!



8 Tips for a Healthy Spring

As we prepare for warmer weather and longer days, it's important that we consider what we can do to stay healthy this spring.



Prioritize moving more, eating healthier, getting enough sleep, and more to help improve overall quality of life and aid in preventing chronic disease with 8 tips for a healthy spring from the Centers for Disease Control and Prevention (CDC).

8 Tips for a Healthy Spring

A Little Bit Healthier This Week

Allergy Relief Starts at Home

Vacuum your rugs or dust hard surfaces and window blinds with a damp cloth. Just a few minutes every day is all it takes to keep dust and allergens at bay — and keep the air in your home a little bit healthier.

