



20 Winter Street
 Pembroke, MA 02359
 (800)242-4472
www.mygisc.com

October/2015

fit 4 life

OCTOBER IS NATIONAL BREAST CANCER AWARENESS MONTH

National Breast Cancer Awareness Month

Time for your mammogram?

healthfinder.gov

Breast cancer is the second most common kind of cancer in women. About 1 in 8 women born today in the United States will get breast cancer at some point.

The good news is that many women can survive breast cancer if it's found and treated early.

- If you are a woman age 40 to 49, talk with your doctor about when to start getting mammograms and how often.
- If you are a woman age 50 to 74, be sure to get a mammogram every 2 years.
- Talk to a doctor about your risk for breast cancer, especially if a close family member of yours has had breast or ovarian cancer. Your doctor can help you decide when and how often you should receive a mammogram.

For more information on breast cancer visit: www.healthfinder.gov

portly pumpkin

According to the Guinness Book of World Records, the heaviest pumpkin weighs 2,323 lbs., and was grown in Switzerland. The pumpkin was authenticated on 12 October 2014.



green machine SMOOTHIE

Spinach Almond Milk
 Apricots Kale
 Blueberries Bananas

Add ingredients to blender and blend until smooth:

- 1 1/2 cup unsweetened almond milk
- 2 dried apricots
- 1 banana
- 1 cup chopped kale leaves
- 1 cup baby spinach leaves
- 1/2 cup fresh or frozen blueberries
- * 8 grams of protein
- * 0 cholesterol
- * 4 grams of fiber
- * 3.5 grams of healthy fat
- * 10 grams of sugar
- * 0 grams saturated fat

Vegetarian

RAW



DAIRY FREE



VEGAN



GLUTEN FREE

Sugar Shack



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Congratulations



We would like to congratulate Jane Moore in her new position at GISC as “Member Liaison,” and Lisa Harubin as our “Customer Service Manager.”

We at GISC are grateful for your hard work and dedication.

- team GISC

TIP CORNER

- **LET GO OF ENERGY DRINKS:** Energy drinks often contain high levels of taurine, a central nervous system stimulant, and upwards of 50 grams of sugar per can. The sweet stuff spikes blood sugar temporarily, only to crash soon after, leaving you sluggish and foggy headed—and reaching for another energy drink.
- **HELP FOR HOUSEPLANTS:** Clean your potted plants with mild soap and water. Then use paper towels to rub a drop of mayonnaise into the tops of leaves. They will look healthy and vibrant for weeks.
- **USE A TIC TAC BOX:** Store bobby pins and hair elastics in tic tac boxes to keep your drawers organized.
- **REMOVE PET HAIR:** Wrap duct tape around you hand, sticky side out, and brush along you upholstery.



FALL INTO FITNESS WELLNESS FAIR

Thanks to all of the vendors who participated in the September BED Wellness Fair.

Employees were able to receive smoothies, recipes, shoe fittings, stretching, snow shoeing techniques and chair massage.

In addition, employees were given the chance to win sneakers, lift tickets, golf balls, hats and fitbits.



Bolton Valley

