

Breast Cancer Awareness Month

October is Breast Cancer Awareness Month, a time dedicated to raising awareness about the impact of breast cancer and the importance of early detection. Breast cancer is the most common cancer among women worldwide, and early diagnosis can significantly improve outcomes and save lives.

One of the most powerful steps we can take is prioritizing regular screenings. Mammograms are the best tool we have for detecting breast cancer early, sometimes even before symptoms arise. For many women, regular self-exams and routine screenings can make all the difference in catching potential issues early on.



It's also important to remember that breast cancer doesn't just affect women—men can be diagnosed with breast cancer, too, though it's not as common. This month, we encourage everyone to be proactive about their health and educate themselves on the [risk factors](#), [symptoms](#), and available [screening options](#).

In addition to raising awareness, Breast Cancer Awareness Month is a time to honor survivors, support those currently undergoing treatment, and remember the loved ones we've lost. Let's work together to spread the message of prevention, support, and hope throughout our community.



**The Well Wisconsin Program is a voluntary program available to employees and spouses participating in the State of Wisconsin Group Health Insurance Program.*

Well Wisconsin Events: October 2024

Well Wisconsin is offering several [virtual learning opportunities](#) this month, including Budgeting for Your Health, Food, and Mood, and Starting Conversations around Mental Health. Participants are also reminded of the October 11 deadline to complete the [2024 Well Wisconsin Incentive!](#)

Financial Tip of the Month: Get Smart About Credit Day – October 17

Which credit card is the best option for you? There are so many factors that can go into choosing a card. Everyone has unique lifestyles and needs, so enroll in the 'Choosing a Credit Card' course to learn more about what's suitable for you in [ELEVATE Wisconsin™ Platform](#).



Supported by the Governor’s Council on Financial Literacy and Capability, ELEVATE Wisconsin provides trustworthy and unbiased content that does not try to sell products and services. This resource is available 24 hours a day, seven days a week; employees can create an account and access this FREE benefit by visiting the [ELEVATE Wisconsin website](#) or scanning the QR code to access these fantastic resources.

State of Wisconsin Employee Wellness Webinars

Please join us for an upcoming webinar from one of our trusted well-being partners. Click each title for course details and registration.

MONTH	HOST	TITLE	DATE	TIME
Ongoing	Well Wisconsin	Well Wisconsin Radio Podcasts	On-Demand	
	Well Wisconsin	Recorded Webinars	On-Demand	
	EAP	Recorded Webinars	On-Demand	
	Enterprise Wellness	Drop-In, Weekly Mindfulness Practice with Dan Tyler	Ongoing	Every Tuesday 11:40 am – 12:00 pm Add to Calendar
October	Well Wisconsin	Budgeting for Your Health	Oct 1, 2024	12:00 pm – 12:45 pm
	Well Wisconsin	Food and Mood	Oct 7, 2024	10:00 am – 10:45 am
	EAP	Caregiving	Oct 7, 2024	11:30 am – 12:30 pm
	EAP	Political Anxiety	Oct 9, 2024	12:30 pm – 1:30 pm
	Well Wisconsin	Starting Conversations Around Mental Health	Oct 10, 2024	12:00 pm – 12:45 pm
November	Well Wisconsin	November Well Wisconsin Events	varies	
	EAP	Holiday Survival Guide	Nov 13, 2024	12:30 pm – 1:30 pm
	EAP	Financial Well-being: Social Security Retirement Planning	Nov 21, 2024	11:00 am – 12:00 pm

October Health Observances

[Domestic Violence Awareness Month](#)

[Health Literacy Month](#)

[National Breast Cancer Awareness Month](#)

[National Bullying Prevention Month](#)

[National Depression and Mental Health Screening Month](#)

[National Disability Employment Awareness Month](#)

[National Liver Cancer Awareness Month](#)

October 1 – World Vegetarian Day

October 14 – Indigenous People's Day

October 10 – World Mental Health Day

October 20- World Osteoporosis Day

October 26 – Make a Difference Day

October 29 – World Stroke Day
