

# Be Well

series

October 2014

## Health Awareness

- **Breast Cancer Awareness | Thursday, October 2**

Breast cancer is an uncontrolled growth of breast cells resulting from abnormal changes in the genes that regulate cell growth. Learn more about breast cancer and how it can develop.

- **Depression Awareness | Thursday, October 9**

An estimated 50 percent of Americans suffering from depression don't seek help. Learn how to recognize symptoms and take the first step towards treatment by asking for professional assistance.

- **ADHD Awareness | Thursday, October 16**

Common among children, Attention Deficit Hyperactivity Disorder can continue into adulthood. Learn more about ADHD symptoms and treatment.

- **Asthma Awareness | Thursday, October 23**

Twenty-two million Americans have asthma, a condition that causes inflamed airways and difficulty in breathing. Learn about how to recognize and manage asthma.

- **Inflammatory Condition Awareness | Thursday, October 30**

Inflammation is the body's normal response to damaged cells or tissues, but can get out of control. Learn more about inflammatory conditions.

All sessions 12:15-12:45 p.m.,  
The Meeting Room @ Rolfs Sports Rec Center

Upcoming programs:

November Great American Smokeout

December National Diabetes Month

January Diabetes (cont'd)

A program of the Notre Dame Wellness Center, in collaboration with the Office of Human Resources, Food Services, and Office of Recreational Sports. Available to all full-time benefit-eligible faculty and staff.

Space is limited. To RSVP, call askHR at 574-631-5900 or schedule online at the HR Appointment Scheduler at [inside.nd.edu](http://inside.nd.edu).

The Notre Dame Wellness Center is operated by Take Care Health Systems. Patient records are confidential as required by federal law. Visit [hr.nd.edu/benefits/NDWC/privacy](http://hr.nd.edu/benefits/NDWC/privacy) for more information.

