

# November 2021

Your Workplace Wellness Newsletter from Wake Forest Baptist Health



## Register for Mammograms

A mammogram is the best screening tool we have to detect breast cancer early when the chances of survival are highest. In order to screen for breast cancer, women should have a mammogram every year beginning at age 40. In November, mammograms will be offered at:

Beechwood on November 3

High Point on November 19

[Beechwood - Book Your Appointment](#)

[High Point - Book Your Appointment](#)

Or you can call Invision Diagnostics at 877-318-1349

Note: It is suggested, patients schedule their mammogram either prior to receiving a COVID-19 vaccine or 4 weeks after their second dose to avoid a potential false-positive exam

results.

---

## November Random Acts of Kindness Challenge

"No act of kindness is ever wasted." - Aesop

In an effort to cultivate mindfulness and lift others up during this stressful time of year, we are initiating the Random Acts of Kindness Challenge during the entire month of November. We encourage you to engage in acts of kindness such as sending a letter of appreciation to a colleague, paying for the meal behind you in line, leaving a positive note on someone's desk, etc.



If you wish to participate, please send a weekly log of your acts of kindness to [bhealth@wakehealth.edu](mailto:bhealth@wakehealth.edu). **If you submit a log every week, you will be entered in a raffle to win a \$100 gift card.**

We are offering a Q&A session about the Challenge on Monday, November 1 from 1-1:30 pm. Registration is required for the session.

\*This challenge is public and not limited to Ralph Lauren Employees.

[Register for the Q&A Session](#)

---

## Get Some Sleep

Holiday and work stress can make it difficult to get a good night's rest. Here are some other sleep aids and information on how to get better sleep.

[Get Better Sleep Webinar](#)

[Sleep with Me Podcast](#)

[White Noise Lite App](#)



---

## Counseling with Nathan Blake

We know the holidays are a stressful time, but you are not alone! Nathan Blake, CFBPPC, LCAS, is here to help Ralph Lauren employees navigate the holidays, stress, and more. Nathan's services are part of the Onsite Clinic

and are at no cost to employees.  
Contact Nathan at 336-416-3623.

[Call Nathan Now](#)



## Diabetes Prevention

Type 2 Diabetes affects millions worldwide. It is a chronic disease that can lead to other health complications such as kidney failure, blindness, and heart disease. Before someone is diagnosed with diabetes, they are in a stage of prediabetes where their blood sugar is high but not high enough to be diagnosed with diabetes. Approximately 70% of people with prediabetes develop diabetes. Fortunately, there are actions that can be taken to prevent this.



[13 Ways to Prevent Type 2 Diabetes](#)

[Book An Appointment at the Clinic](#)

[myWakeHealth](#)



**Call the Clinic at 336-893-0013**

Share this email:



emma®

[Manage](#) your preferences | [Opt out](#) using TrueRemove™

Got this as a forward? [Sign up](#) to receive our future emails.

View this email [online](#).

Medical Center Blvd Winston-Salem, NC 27103 United States  
Winston-Salem, NC | 27103 US

This email was sent to .

*To continue receiving our emails, add us to your address book.*

[Subscribe](#) to our email list.