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The American Cancer Society Offers Tips for Planning Healthy Meetings to Businesses and Community Groups

Oakbrook Terrace, IL February 15, 2010 –The American Cancer Society invites anyone with an interest in wellness to participate in the award-winning *Wellness Wednesday* training taking place on March 10, 2010 from 10 – 11:30 AM. Wellness Wednesday presentations are offered at no-cost by the American Cancer Society – DuPage Region, 1801 South Meyers Road, Oakbrook Terrace, IL 6018. This month’s presentation is *Meeting Well: A Tool for Planning Healthy Meetings and Events*. The program will introduce you to ideas to energize your events, includes tips for healthy meals and snacks, how to incorporate physical activity into meetings as well as how to work with a facility chef or caterer. Come and learn how to effectively promote health and wellness during meetings of all types and duration, receive on-line tools, printed materials, and program support. All Wellness Wednesday programs are offered at no cost because of our community fundraising and through the generous contributions of individual donors. Please RSVP to Lauren Brandmeyer at 630.932.1141 prompt 3 or at Lauren.Brandmeyer@cancer.org.

The American Cancer Society offers a suite of flexible health, wellness and employee engagement services. Programs target the key risk factors underlying cancer and other costly chronic diseases. The tools the American Cancer Society offers will help manage health care costs, increase productivity, and retain and attract employees.

This year in Illinois, an estimated 62,480 people will be diagnosed with cancer. About 25,680 people will die from the disease. The American Cancer Society estimates approximately 60% of these cases can be prevented if people take the right steps.

The American Cancer Society focuses on the importance of prevention and early detection by helping people understand which cancer screenings are right for them and how to adopt healthy lifestyle behaviors throughout the year to reduce their risk of the disease.

The American Cancer Society is saving lives and creating a world with more birthdays by helping you stay well, helping you get well, by finding cures, and fighting back. The Illinois Division has more than 120,000 volunteers and staff fighting cancer in the state. For the most up-to-date cancer related information and to join the fight against cancer, call 1-800-ACS-2345 or visit www.cancer.org.

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