

Upcoming Events

Tues.
3/21/17
(Recurring
Weekly)

Half-n-Half (half core & half cardio)
Zion Church, 400 Lexington St., 2nd Floor
12:00 – 1:00 p.m. & 1:00 – 2:00 p.m.

Thurs.
3/23/17
(Recurring
Weekly)

B 'More Line Dancing
Zion Church, 400 Lexington St., 2nd Floor
12:00 – 1:00 p.m.

Coming Soon

Wed.
4/5/17

Be Well. Be Fit. Be More (info session)
DHR, 201 E. Baltimore St., Rm. 5A
12:30 - 1:00 p.m.

Wed.
4/12/17

Mindful Meditation
Zion Church, 400 Lexington St., 2nd Floor
12:00 - 1:00 p.m.

Wed.
4/19/17

Zumba
Zion Church, 400 Lexington St., 2nd Floor
1:00 - 2:00 p.m.

Registration Required for all events:

cityofbaltimorewellness.com

****Additional details available
at the registration site****



Permission Time for Cancer Screening AM-203-4



Cancer is the second leading cause of death in Maryland, after heart disease. In Baltimore City, the most common cancers are breast, cervical, oral and colon. **Early detection** is the best form of prevention for all cancers. To promote a healthier workforce and reduce cancer deaths, regular full-time and part-time employees will be granted permission time.

- ◆ All City employees are allowed up to four (4) hours once per calendar year as Permission (P) time to use for cancer screening without using their accumulated leave time.
- ◆ Employees **must** submit the completed [Cancer Screening Program Certification Form](#) (right click) in advance to his/her supervisor for prior approval.

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What is Cancer?

Cancer is an abnormal growth of cells. Cancer cells rapidly reproduce despite restriction of space, nutrients, or signals sent from the body to stop reproduction.

What do the terms benign and malignant mean ?

Tumors can be benign (noncancerous) or malignant (cancerous). Benign tumors tend to grow slowly and do not spread. Malignant tumors can grow rapidly, invade and destroy nearby normal tissues, and spread throughout the body.

What are the risk factors for cancer ?

Some cancers, particularly in adults, have been associated with certain risk factors. A risk factor is anything that may increase a person's chance of developing a disease. The following risk factors have been proposed as contributing to the development of cancer:

- **Lifestyle factors.** Lifestyle factors such as smoking, a high-fat diet, and exposure to ultraviolet light (UV radiation from the sun) may be risk factors for some adult cancers.
- **Genetic factors.** Family history, inheritance, and genetics may play an important role in some adult and childhood cancers. It is possible for cancer of varying forms to be present more than once in a family; because some gene alterations are inherited.
- **Virus exposure.** Exposures to certain viruses, such as the human papillomavirus (HPV) and HIV; the virus that causes AIDS, have been linked to an increased risk of developing certain types of cancers. Cancer is not contagious and a person can't get it from another person.
- **Environmental exposures.** People who have certain jobs, such as painters, farmers, construction workers, and those in the chemical industry, seem to have an increased risk for some cancers, likely because of regular exposure to certain chemicals.

This information, provided by CareFirst, is not intended to be a substitute for professional medical advice. It is provided for educational purposes only.

Black Bean Dip (Yield 8 servings)



Ingredients:

- 4 tbsp. olive oil
- 1 tsp. garlic (4 garlic cloves), peeled and minced
- ½ medium red onion, chopped
- 2 (16-ounce) cans reduced sodium black beans, drained and rinsed
- 2 tbsp. balsamic vinegar
- 1 tbsp. fresh lemon juice
- 1 tbsp. chopped fresh cilantro
- 1 tsp. ground cumin
- Salt and freshly ground pepper

Directions:

1. Place a small sauté pan on the stove over medium heat. Add the oil and garlic and cook for 2 minutes or until the garlic starts to turn golden brown. Remove the pan from the heat.
2. Place all of the other ingredients in a food processor and puree. Add the garlic and the oil. Season with salt and pepper.

Nutrition Facts

Serving Size	
Servings Per Container 8	
Amount Per Serving	
Calories 159	
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 1g	5%
Trans Fat 0g	
Sodium 75mg	3%
Total Carbohydrate 18g	6%
Dietary Fiber 6g	24%
Sugars 1g	
Protein 6g	12%

*Percent Daily Values are based on a 2,000 calorie diet.