

National Cancer Prevention Awareness Month

[The National Cancer Institute](#) estimates that 2 million Americans were diagnosed with cancer (other than skin cancer) during 2024, and that more than 600,000 died from their disease. Research indicates that more than 40% of these cases and nearly half of the deaths are linked to preventable factors such as smoking, excess body weight, physical inactivity, and excessive sun exposure. [National Cancer Prevention Awareness Month](#) is dedicated to raising awareness about cancer prevention and encouraging individuals to take proactive steps to reduce their risk. Some key strategies and considerations for cancer prevention are consuming a healthy diet in foods that

are high in antioxidants, getting vaccinations such as the HPV vaccine, keeping current with preventative screenings, exercising at least 150 minutes of moderate aerobic activity each week (walking 2 miles in 30 minutes, biking 5 miles in 30 minutes, swimming laps for 20 minutes, gardening for 30 to 45 minutes) or 75 minutes of vigorous activity each week (subtract your age from 220 and multiply the resulting number by 0.77, then 0.93 for target heart rate), being conscious of environmental factors, and more.

Click [here](#) for internal and external wellness resources on cancer support and prevention.

Dry January Challenge Recap

- ✓ **98+ Goodwin participants**
- ✓ **17 participants attended Barry's class**

The Dry January Challenge with [Shatterproof](#) wasn't just about abstaining from drinks, but embracing new experiences, hitting the reset button, and discovering how adaptable you can be with a clearer mindset.

[In a recent study](#), almost 21% of legal professionals, including lawyers, were classified as problem drinkers. When participants were asked more detailed questions, the percentage of attorneys dealing with alcohol abuse rose to over 36%.

[Sober-Curious Resource List](#)

[Podcast Episode: How Alcohol Affects Your Brain](#)

[Alcohol and Substance Abuse Resources](#)

BHC Availability

Schedule one-on-one time with a Behavioral Health Consultant to learn techniques on managing your stress:

- Andrew – available every Tuesday
- Leslie – available every Wednesday
- Tess - Feb 10th
- Stephanie – Feb 20th
- Shirley – Feb 21th
- Leighna – Feb 26th

Schedule your consultation [here](#).

cleo

Cleo Webinar:
Understanding
what it means to
be a caregiver

Cleo

Cleo is available to all Goodwin partners and employees. Cleo offers expert guidance and evidence-based programming on parenting topics including newborn care, childhood development, behavioral issues, childcare options, adolescence, and more. Cleo's cancer support focuses on helping members navigate the challenges of a cancer diagnosis with assurance and comfort.

Click [here](#) for more information on how to get started.

Click [here](#) an overview on cancer care.

Webinar: Understanding What It Means To Be a Caregiver

February 20th at 2:30 p.m. ET | 11:30 a.m. PT.

Click [here](#) to register.



Upcoming Events

Explore topics this month through webinars, meditations, and workshops hosted by our vendors. Topics include:

- Bright Horizons: Understanding Early Brain Development
- Fidelity: Black History Month Toolkit
- Headspace: Uplifting Diverse Perspectives
- Health Advocate: Understanding Forgiveness
- Wellthy: Making the Most of Every Medical Appointment
- and more!

Click [here](#) to see all events.

The Wellness Brief



“As a caregiver for my aging parents, balancing their well-being with my own is challenging. I've learned the importance of making time for exercise and breaks. Connecting with others in similar situations, especially through the firm's Caring for the Aging or Ill resource group, has been invaluable. Sharing experiences and challenges has made caregiving feel less lonely.”

Cathy Ryan, Manager, IP Support

Click [here](#) to submit your wellness tips at work to be featured in our You@Goodwin newsletter

YOU@GOODWIN	Benefits Event Calendar
benefitsdepartment@goodwinlaw.com	617-570-1800

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