

Live Well

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Provided by The Glienke Agency, LLC



Celebrate St. Paddy's Safely

For many people throughout the world, St. Patrick's Day marks a day of revelry and fun. However, if you'll be consuming alcohol or enjoying the company of those who will be, safety must be a top priority. Consider these steps:

- **Plan a safe way home.** Never drive while intoxicated or trust someone else to do so.
- **Drink responsibly.** Eating a hearty meal can help slow alcohol absorption. Alternating alcoholic beverages with a glass of water can help keep you hydrated.
- **Stay warm.** Alcohol can make you feel warm, but you may actually lose body heat more quickly. Dress for potentially low temperatures before going out.
- **Be wary of beverage tampering.** Never leave your drink unattended. Don't accept beverages from people you don't know.



Sleep Awareness Week – 5 Tips for Good Rest

This year's Sleep Awareness Week runs from March 8-14 and seeks to reemphasize the importance of getting good sleep and how doing so may impact your health and well-being.

This year, celebrate Sleep Awareness Week by taking steps to improve your sleep and committing to the following:

1. **Stick to a schedule.** Even if you're still getting an ample amount of sleep, changing your restful hours on a regular basis can be detrimental to your overall wellness.
2. **Revamp your environment.** Consider making physical changes in your bedroom, including removing televisions and lowering the temperature.
3. **Put your phone away.** Limit screen time, especially within an hour of your bedtime. Consider leaving your phone in a different room if you have trouble resisting it.
4. **Limit consumption.** Avoid eating close to when you plan to go to bed and reduce caffeine and alcohol intake in general.
5. **Get active.** Daily exercise can help improve your sleep, but avoid strenuous physical activity at night.

[Click here](#) to learn more about Sleep Awareness Week.

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Recognize Colorectal Cancer Concerns and Make the Right Lifestyle Choices

According to the American Cancer Society, colorectal cancer rates have increased significantly in recent years, especially among younger adults.

March is National Colorectal Cancer Awareness Month, which prioritizes informing the public about the dangers and risk factors of this condition.

Understanding Colorectal Cancer

Colorectal cancer develops in a person's digestive system, such as in the lining of their colon or rectum. As of 2025, it was the third-most diagnosed cancer and the third-leading cause of cancer deaths among U.S. men and women.

Risk Mitigation Strategies

Fortunately, there are steps you can take to reduce your risk of developing colorectal cancer. Consider the following:

- **Watch your weight.** Excess body fat has been linked to greater colorectal cancer rates. Eating healthier and getting regular exercise can help limit your chances of developing colorectal cancer.
- **Find more fiber.** Consuming a diet with plenty of fiber can have a direct impact on reducing colorectal cancer risk. Try to increase your intake of vegetables, fruits, whole grains, beans and nuts.
- **Limit certain foods.** While foods high in fiber can reduce your risk, studies have found that eating large amounts of red meat and processed meats, such as sausages,

bacon and deli meats, can have the opposite effect.

- **Cut down on alcohol.** Research has shown that drinking alcohol may increase your colorectal cancer risk.

Learn More

For more information on National Colorectal Cancer Awareness Month, [click here](#).

The Importance of Wedding Insurance

Although winter is not yet over, spring, summer and wedding season are not far off. As the days warm and grow longer, many couples may be planning special ceremonies and receptions.

But even the most thorough planning and diligent preparations can be derailed by unexpected mishaps or unfortunate conditions. That's why understanding and securing wedding insurance, also known as special event insurance, can be a crucial investment.

A wedding insurance policy can be tailored to match a couple's needs and circumstances, potentially limiting financial losses and extra costs that might otherwise have to be paid out of pocket and could even derail the big day.

Specifically, wedding insurance can help pay cancellation and rescheduling fees, such as if a venue or vendor needs to be rebooked. Alternatively, costs for nonrefundable deposits could also be recovered. Additionally, policies can also cover valuable items, such as a bride's dress and jewelry or the couple's gifts.

Contact us today to learn more about wedding insurance or to request a quote.