
Lung cancer, health visits, and Spanish Video-Info about Radon.

From 10,000 Families Study <tenkfs@umn.edu>


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 [10,000 Families logo - maroon and yellow colors \(number 10 and the letter k in a Minnesota map\)](#)

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NEWSLETTER ISSUE #7

Jan - Mar 2023

Dear reader,

At the beginning of 2023, we encourage you to include mental and physical well-being in your resolutions. Let's strive for becoming healthier as individuals, families and communities.

Some families have resolutions they take on such as practicing more mindfulness and gratefulness, volunteering more, learning new things, and making sure to do our annual health check ups!

Let's hear about your resolutions for this new year. Please answer the survey we included in this edition.

And, don't forget to send any family participant updates by email (tenkfs@umn.edu):

- **Request to register new family members** (new babies? adoptions? marriage? other family members not included yet?)
- Information about those **who sadly have passed away.**



Updates

Content:

1. **Feature section** - What you didn't know about lung cancer.
 2. **10KFS update** - Welcome Rana!
 3. **This edition's survey** - New Year's resolutions and results from the latest survey!
 4. **Reciente evento en vivo (SPANISH video)** - Concientización sobre riesgos de radón.
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1) Featured section

What you didn't know about lung cancer.

Trying to stop its deadly path!



[Abbie Begnaud, MD](#), is an Associate Professor of Medicine in the Division of Pulmonary, Allergy, Critical Care and Sleep Medicine at the University of Minnesota. In this interview Abbie helps us learn about lung cancer: causes, myths, disparities and prevention.

Click on [lung cancer](#) to read more about this important health issue.

2) 10KFS Update



Welcome Rana!

Introducing our new Health Visits Coordinator

10,000 Families welcomed **Rana** (Pronounced "Ray-na") **Leonhardi**, to our team in 2022. Rana comes with fantastic experience to shape our Health Visits and make the process smoother for our participants. We decided to interview Rana and learn more about her, her passions and her new job.

Click [Welcome Rana!](#) to read the full article!

3) Interactive activity

New Year's resolutions

What new leaf to turn-over?



A new year is a new beginning. Let's hear about your resolutions for this coming year.

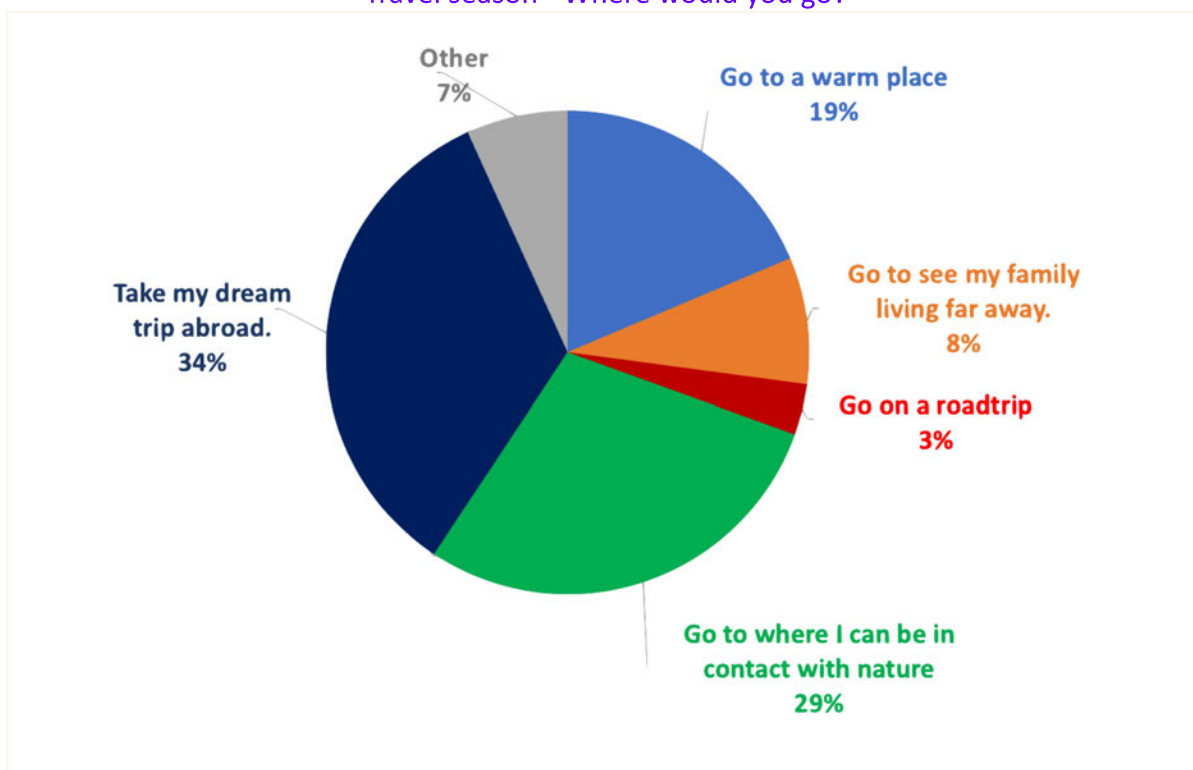
Please fill out this 2 minute survey - [New Year's resolutions](#)

We will share our favorite answers with you in our next newsletter and social media!

Results from our last activity

(Newsletter #6 - 2022):

Travel season - Where would you go?



The most thoughtful response was:

I would do a life long dream hunting vacation that my grandpa and I planned when he was still alive.

Thanks to all participants

4) Reciente evento en vivo (SPANISH video)

CONCIENTIZACIÓN SOBRE RIESGOS DE RADÓN



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Luz Huntington-Moskos
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