

10 WAYS TO REDUCE YOUR CANCER RISK



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QUIT TOBACCO



MAINTAIN HEALTHY DIET



BE SUN SAFE



GET VACCINATED



GET SCREENED



BREASTFEEDING



ACHIEVE HEALTHY BODY WEIGHT



LIMIT ALCOHOL



BE PHYSICALLY ACTIVE



KNOW YOUR FAMILY HISTORY

If you would like this information in another official language, contact us at 1-866-846-8601.
Si vous voulez ces renseignements dans une autre langue officielle, communiquez avec nous au 1-866-846-8601.

