

MAKE HEALTHY CHOICES!

PROTECT YOURSELF AGAINST CANCER



Do not use
commercial tobacco



Eat healthy



Get screened for
certain cancers



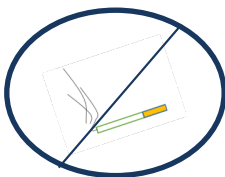
Move every day



Maintain healthy
weight



Avoid alcohol or
drink in small
amounts



Avoid exposure
to secondhand
smoke



Use sun screen
and wear a hat