

On The Road to Cancer Prevention

For Men...

Follow cancer screening guidelines - discuss testicular exams, prostate screening and colorectal screening with a health professional.

For Women...

Follow cancer screening guidelines - discuss mammograms, Pap tests, breast exams and colorectal screening with a health professional.

For Everyone...

Be a non-smoker and avoid second-hand smoke.
Eat 5 to 10 servings of vegetables and fruit a day.
Be physically active on a regular basis.
Protect yourself and your family from the sun.



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Health and Wellness

For more information contact your local
Health and Wellness Committee.