



GET HEALTHY. PREVENT CANCER. FOR FREE.

Did you know that certain cancers can be prevented?

Join Healthy Living Livingston and find out how.

- Cancer education: breast, cervical, colon, prostate, ovarian, and lung
- Physical activity: Fun exercises to keep you active 30 minutes a day
- Healthy eating: recipes, reading labels, portion size, general nutrition
- Questions to ask your doctor
- Refreshments provided at each class
- Take-away items to help you stay healthy at home

Dansville Public Library
200 Main Street, Dansville, NY 14437
June 14 to July 19, 2017
Wednesdays from 1:00 p.m. to 2:30 p.m.
For more information please call:
Sarah Merritt at 585-224-3510 or email
Sarah_Merritt@URMC.Rochester.edu

Brought to you by the Center for Community Health in collaboration with the Chronic Disease Prevention Committee of the Genesee Valley Health Partnership.