



**GET HEALTHY. PREVENT CANCER. FOR FREE.**

## Did you know that certain cancers can be prevented?

Join **Healthy Living Livingston** to find out how.

- Healthy eating: recipes, reading labels, portion size, general nutrition
- Physical activity: fun exercises to keep you active 30 minutes a day
- Cancer education: learn the basics on different types of cancer, including how they develop, risk reduction/ prevention, current research and treatment options
- Questions to ask your doctor
- Items to help you stay healthy at home

Trinity Church of Nunda  
25 East Street  
Nunda, NY 14517  
April 19 – July 12  
Thursdays 1 to 3 p.m.

For more information call Sarah Merritt at  
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