



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: learn the basics on different types of cancer, including how it develops, risk reduction/prevention, current research and treatment options
- 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
- Items to help you stay healthy at home

Refreshments provided at each class.

Mt. Morris Village Hall

117 Main Street, Mt. Morris, NY 14510

September 13 to November 29, 2017

Wednesdays from 1:00 p.m. to 3 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.



UR
MEDICINE

WILMOT
CANCER INSTITUTE