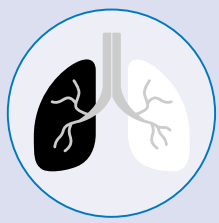


Wellness Tips to Prevent Cancer



- Don't use tobacco products/ don't smoke.
- Eat a healthy diet.



- Maintain a healthy weight and be physically active.
- Protect yourself from the sun to avoid skin cancer.
- Get vaccinated.
- Get regular check-ups.

Always ask your doctor about the best cancer screening available for you.

