

Did you know that a healthy diet and physical activity can reduce your risk of getting certain cancers?

Join our free virtual Healthy Living Class to find out how!



HEALTHY EATING

Discuss topics such as general nutrition, portion sizes and processed foods.

PHYSICAL ACTIVITY

Learn fun exercises you can do at home.



**Wednesdays
June 1 – July 20**

12 – 1 pm



SCAN ME

HOW TO REGISTER

Contact Sparkle Wells at (585) 259-5000 or email PHPC@urmc.rochester.edu

Space is limited. Must have Internet access to participate. Closed captioning or ASL interpreting available upon request at registration.

PROMOTE HEALTH. PREVENT CANCER. FOR FREE.

Community Outreach, Engagement and Disparities



UR
MEDICINE

WILMOT
CANCER INSTITUTE