

# Healthy Choices

Reduce cancer risk



## Everyone should.....

- Be screened
- Be sun safe
- Do not use tanning beds
- Eat healthy
- Get active
- Limit alcohol
- Live smoke-free
- Maintain a healthy weight
- Practice safer sex

For more information call the Project Health phone line at 519-883-2287 or visit the following websites:

[www.projecthealth.ca](http://www.projecthealth.ca)  
[www.cancercare.on.ca](http://www.cancercare.on.ca)  
[www.coloncancercheck.ca](http://www.coloncancercheck.ca)



**Project Health**  
Supporting Healthy Workplaces

Regular screening could save your life!