

PROTECT YOUR BODY YOUR TEMPLE

Get the Good News about
Cancer Prevention and Control

- You can take steps every day to reduce your chances of getting cancer.
- Acting on this good news is especially important because African-Americans suffer from cancer more than others.
- What can you do to protect yourself and your loved ones?
 - **Eat a healthy diet**
 - **Be physically active**
 - **Don't smoke**
- Most cancers can be cured if found early and treated right away.
- Follow the American Cancer Society guidelines for cancer screenings. Find out how by calling 1-800-ACS-2345.

Protect yourself and your loved ones with healthy habits.



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