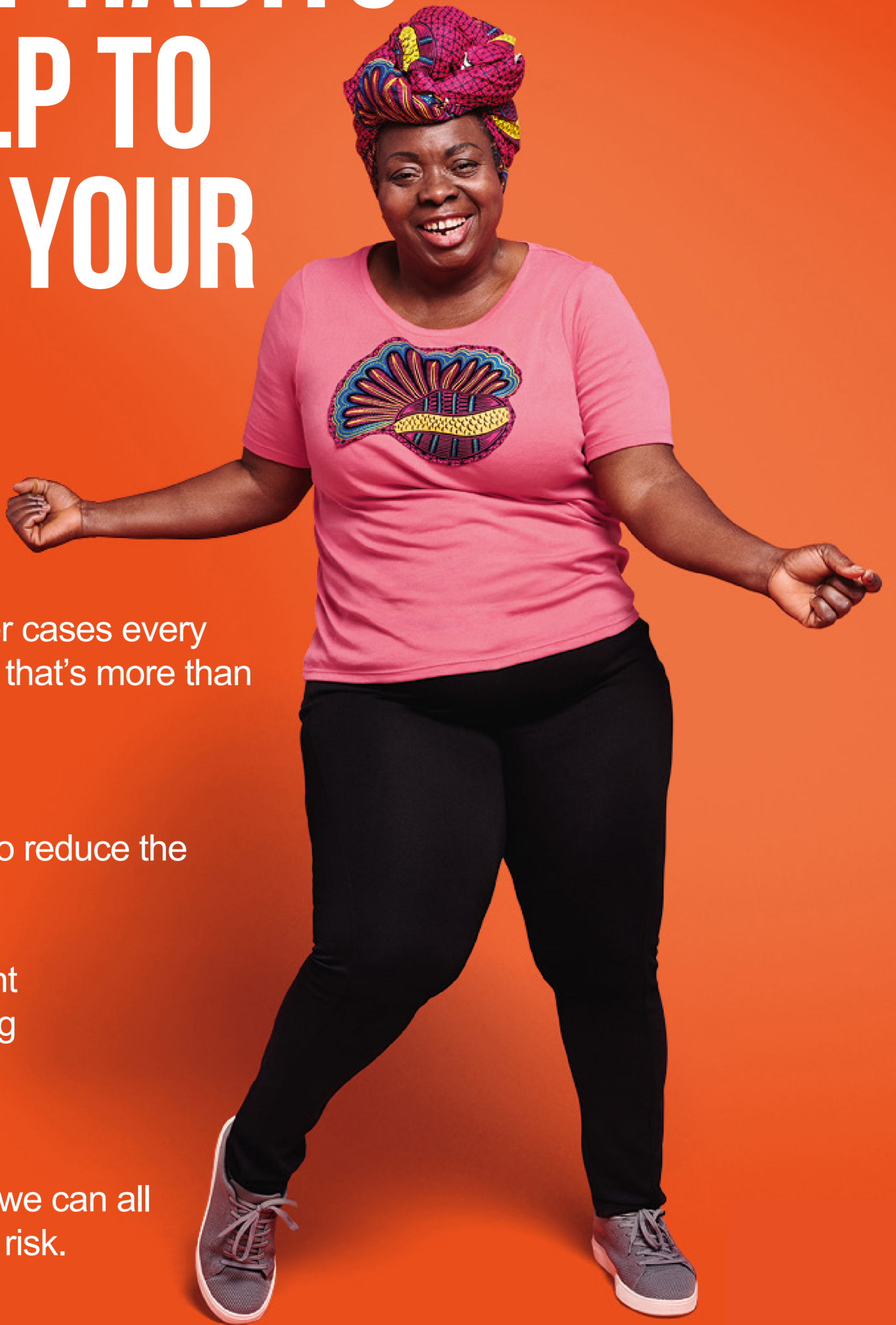


HEALTHY HABITS CAN HELP TO REDUCE YOUR RISK OF CANCER



Around 4 in 10 UK cancer cases every year could be prevented, that's more than 135,000 every year.

(Cancer Research UK, 2015)

These are proven ways to reduce the risk of cancer:

- Be smoke free
- Keep a healthy weight
- Eat more fruit and veg
- Move more
- Drink less alcohol

Let's be clear on cancer, we can all take action to reduce our risk.

For free advice visit LiveWell Dorset:

www.livewelldorset.co.uk/clear-on-cancer

**Better
Health**

**LET'S
DO THIS**