



**BE PREPARED.**

**FIGHT  
CANCER.**

**Tips for reducing  
your risk of cancer:**

- Get regular checkups
- Don't smoke and don't drink in excess
- Limit UV exposure
- Live an active lifestyle

# OCTOBER ACTIVITY

## KNOWLEDGE = POWER

Cancer is a personal disease. Review your personal and family history, and do some research to learn how you can limit your risk. Your first tip? Get regular checkups. Early detection is vital to effective treatment!



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