

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

General nutrition, calories and energy, portion sizes, label reading, recipes, smart shopping

PHYSICAL ACTIVITY

Fun exercises to keep you active 30 minutes a day, all from the comfort of your own home.



Mondays,
Apr 5 – May 24
12 – 1 pm

Tuesdays,
Apr 6 – May 25
5 – 6 pm

Thursdays,
Apr 22 – June 10
11 am – 12 pm

HOW TO REGISTER

Contact Sarah or Hannah at (585) 738-5539
or email PHPC@urmc.rochester.edu

Space is limited. Must have internet access to participate.

PROMOTE HEALTH. PREVENT CANCER. FOR FREE.

Community Outreach, Engagement and Disparities



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MEDICINE

WILMOT
CANCER INSTITUTE