

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.



Wednesdays,
May 5 – June 23
12 – 1 pm

Mondays,
June 7 – July 26
5 – 6 pm

Tuesdays,
June 8 – July 27
12 – 1 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. Closed captioning or ASL interpreting available upon request at registration.

PROMOTE HEALTH. PREVENT CANCER. FOR FREE.

Community Outreach, Engagement and Disparities



UR
MEDICINE

WILMOT
CANCER INSTITUTE