

YOUR GAME PLAN

—

Making a few healthy choices
can reduce your risk of cancer.
Get started now.

Live well.
Be aware
Get involved.



BRITISH COLUMBIA AND YUKON

1-888-939-3333
cancergameplan.ca

My Choices:

Lifestyle

1

2

3

4

Healthy Eating

1

2

3

4

Physical Activity

1

2

3

4

Check-ups

1

2

3

4