

Virtual Healthy Living Class

Did you know that a **healthy diet** and **physical activity** can reduce your risk of getting certain cancers?

Join our **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!



FREE VIRTUAL CLASS

Step 1: Choose a weekly class day

Tuesdays, October 27—December 10, from 6:00—7:00 pm

OR

Thursdays, October 29—December 17, from 12:00—1:00 pm

Step 2: Register to reserve your spot! Space is limited.*

Contact Hannah Farley

Phone: (315) 401-1945

Email: hannah_farley@urmc.rochester.edu

Once registered, you'll receive access to the Zoom course!

*Must have internet access to join.

PROMOTE HEALTH. PREVENT CANCER. FOR FREE.

Brought to you in partnership with Wilmot Cancer Institute.