

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

Join our free Healthy Living Class to find out how!



HEALTHY EATING

Discuss topics such as reading food labels, general nutrition, portion sizes and processed foods.

PHYSICAL ACTIVITY

Learn fun exercises you can do at home.



Mondays, August 29 - October 17

3 - 4:30 p.m.

Henrietta Public Library

625 Calkins Rd, Rochester



Register today: Contact class facilitator Sparkle Wells at (585) 259-5000 or email PHPC@urmc.rochester.edu. Space is limited.

PROMOTE HEALTH. PREVENT CANCER. FOR FREE.