

IT'S MY LIFE!



Canadian
Cancer
Society

 Desjardins

STOP CANCER BEFORE IT STARTS



Imagine a world with less cancer.
Impossible? Not at all.

About 4 in 10 cancer cases can be prevented.



LIVE SMOKE-FREE



**BE SAFE IN
THE SUN**



EAT WELL



BE ACTIVE



**HAVE A HEALTHY
BODY WEIGHT**



LIMIT ALCOHOL

How does your lifestyle affect cancer risk?

Explore [itsmylife.cancer.ca](https://www.itsmylife.cancer.ca)