

It's My Life!

STOP CANCER BEFORE IT STARTS



LIVE SMOKE-FREE



BE SAFE IN THE SUN

About 4 in 10 cancer cases can be prevented.
Learn how your lifestyle affects cancer risk and what you can do.



EAT WELL



BE ACTIVE

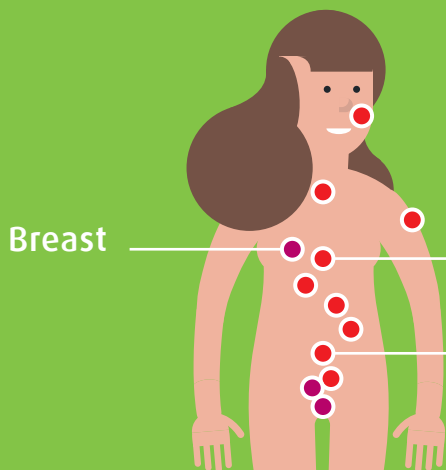


HAVE A HEALTHY BODY WEIGHT



LIMIT ALCOHOL

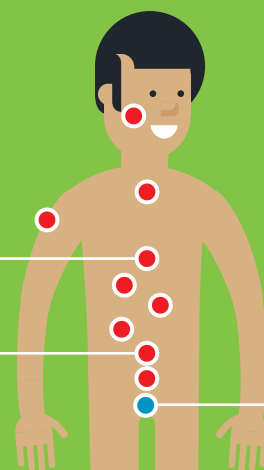
Reduce your risk of these cancers and more – it's your life!



Breast

Lung

Colorectal



Prostate

Explore
itsmylife.cancer.ca

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