

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 virtual Healthy Living Class to find out how!



HEALTHY EATING

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

PHYSICAL ACTIVITY

Learn fun exercises you can do at home.

**Mondays,
March 21 – May 9
2 – 3 pm**

**Tuesdays,
March 22 – May 10
4:30 – 5:30 pm**

**Wednesdays,
April 6 – May 25
12 – 1 pm**

**Thursdays,
April 21 – June 9
4:30 – 5:30 pm**



HOW TO REGISTER

Contact Katie at (585) 350-9190
or email PHPC@urmc.rochester.edu

Space is limited. Must have Internet access to participate. Closed captioning or ASL interpreting available upon request at registration.

PROMOTE HEALTH. PREVENT CANCER. FOR FREE.



Promote Health. Prevent Cancer.

An initiative between UR Medicine's [Center for Community Health & Prevention](#) and [Wilmot Cancer Institute](#) to provide evidence-informed health promotion and cancer prevention education to community members throughout our region.

Healthy Living Classes

A free eight-week program, offered in person and virtually, aimed at empowering participants to make and maintain changes in diet, physical activity and exposures. These lifestyle changes lower the risk of cancer and other chronic diseases, while increasing overall health.

Class Topics

- Healthy Weight & Physical Activity
- Healthy Eating Patterns & Portion Sizes
- Nutrition Label Reading & Healthful Smart Shopping
- Whole Grains, Vegetables, Fruits & Beans
- Added Sugars & Sweetened Beverages
- Protein, Red & Processed Meats
- Processed Foods, Fast Foods & Fat
- Health Behaviors & Lifestyle Choices

In-Person Class Format

Each class includes 45 minutes of nutrition education and 30 minutes of physical activity. Participants leave with the knowledge of how their dietary choices, physical activity and environmental exposures can affect cancer risk.

Virtual Class Format

Class topics are the same as the in-person class, with 40 minutes of nutrition education and 20 minutes of physical activity.

Curriculum is based on recommendations from the American Institute for Cancer Research, a member of the World Cancer Research Fund that interprets results of global research in nutrition, physical activity and cancer prevention. These findings are used to create evidence-based recommendations for lower cancer risk.

Health Talks

The eight class topics are also offered as individual one-hour presentations. These health talks, given by members of our Promote Health. Prevent Cancer. team, are available for community groups, corporate retreats, places of worship and more.

In Your Community

This free programming is available in Allegany, Broome, Cayuga, Chemung, Chenango, Cortland, Delaware, Genesee, Herkimer, Livingston, Madison, Monroe, Oneida, Onondaga, Ontario, Orleans, Otsego, Oswego, Schoharie, Schuyler, Seneca, Steuben, Tioga, Tompkins, Wayne, Wyoming and Yates Counties.

Questions? Learn More

For more information about the Promote Health. Prevent Cancer. initiative, contact our team at 585-350-9190 or phpc@urmc.rochester.edu.