

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

Join our free 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.

To sign up, choose from one of the classes below and contact our team.



February Class

Thursdays

Feb. 4 – March 25

12-1 pm

March Class

Mondays

March 8 – April 26

5-6 pm

HOW TO REGISTER

Contact Sarah or Hannah at (585) 738-5539 or email PHPC@urmc.rochester.edu

Space is limited. Must have internet access to participate.

PROMOTE HEALTH. PREVENT CANCER. FOR FREE.