

# CANCER PREVENTION

## WHAT WE OFFER

Around **one third of cancers can be prevented** through certain lifestyle choices, which also may help reduce the risk of other serious health conditions.



Be SunSmart



Drink less alcohol



Eat a healthy diet



Get Checked



Aim for your healthy weight



Limit workplace exposures



Be physically active



Quit smoking

Our cancer prevention team helps support the community to reduce their risk of cancer by providing:

- **Education sessions** for your workplace, school or community group on our 8 key messages (narrated presentations, self-guided learning modules and school education toolkits)
- Assistance to develop a **SunSmart policy** for your school or workplace.
- **Information** for newsletters, intranets, websites and social media.
- **Resources** that can be downloaded online or physical copies ordered via our Cancer Prevention Resource Order Form

### For more information

Visit [www.cancer.org.au/tas](http://www.cancer.org.au/tas) or contact our prevention team at [prevention@cantas.org.au](mailto:prevention@cantas.org.au) or call 1300 65 65 85.

