

“Hecel Oyate Kin Nipi Kte”



“So that the People May Live”

COLORECTAL CANCER AWARENESS MONTH

Healthy Lifestyle Factors

You can reduce your risk of getting cancer by making healthy choices. Lifestyle factors that may reduce your risk of colorectal cancer include:

- Regular physical activity
- Eating fresh fruits and vegetables
- Maintaining a healthy weight
- Limited alcohol intake
- Avoiding tobacco usage
- High fiber and low fat diet

#ShowYourBlueGP

Show Your Blue Great Plains

For more information contact : 1-800-745-3466

For more information visit: www.cdc.gov/



Great Plains Colorectal Cancer Screening Initiative

Great Plains Tribal Chairmen's Health Board

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