

YOUR HEALTH MATTERS

A HEALTH TALK SERIES PRESENTED BY THE UNIVERSITY OF TEXAS MD ANDERSON CANCER CENTER

EAT MORE FRUITS AND VEGETABLES

APRIL 9TH | 2:00PM - 3:00PM

Making vegetables and fruit a big part of your diet can help you maintain a healthy weight and reduce your cancer risk. Our expert provides information on the benefits of a plant-based diet and tips and tools to help you eat more fruits and vegetables.

LIVE AN ACTIVE **LIFESTYLE**

MAY 14TH | 2:00PM - 3:00PM

Being physically active can help you maintain a healthy weight and reduce your cancer risk. Our expert provides information on the benefits of physical activity and how to get more activity into your day.

UNDERSTAND AND PREVENT CANCER

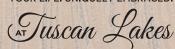
JUNE 11[™] | 2:00PM - 3:00PM

Breast and colorectal cancers are among the most common in men and women. Our expert will help participants understand the risk factors and symptoms of each and how to reduce your risk.

RSVP FOR THESE EVENTS TODAY!

346.567.6855







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