



# YOUR HEALTH MATTERS

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

## EAT MORE FRUITS AND VEGETABLES

APRIL 9<sup>TH</sup> | 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 14<sup>TH</sup> | 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<sup>TH</sup> | 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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