

# Choose Health

Take Care of Yourself —  
For Those Who Care About You



Improve your health and the health of your family — choose healthy foods, exercise daily, and talk with your doctor about the tests that are right for you. To learn more about the prevention and early detection of cancer, contact your American Cancer Society.



1.800.227.2345  
[www.cancer.org](http://www.cancer.org)

Hope.Progress.Answers.®