



**YOUR WEIGHT
MATTERS!**



FRED & PAMELA
BUFFETT CANCER CENTER

DID YOU KNOW?

**Obesity can lead to thirteen
types of cancers**

Maintaining a healthy weight can reduce your
cancer risk and boost your overall well-being

Take Small Steps:

- ✔ Balanced Meals
- ✔ Stay Hydrated
- ✔ Mindful Eating
- ✔ 30-Minute Walk/Exercise

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