

KNOW&GO patient education series

What you can do to prevent cancer



Lifestyle affects your risk for cancer and early detection plays a huge role in cancer survival. The SSM Health Cancer Care team invites you to join a FREE virtual education session to learn more about cancer prevention including healthy habits you can incorporate to decrease certain cancer risks and routine screenings to stay on top of your health.

FREE Zoom virtual education information session October 6, 2022 • 5 pm



Learn more about exercise and physical movement for cancer prevention with **Michelle Ford, PT.**



Learn more about the effects of smoking, radiation, sun exposure, and COVID-19 effects on cancer prevention and screenings with **Filip Troicki, MD.**



Learn more about diet and nutrition for cancer prevention with **Julie Parish, RD.**



Learn more about cancer screenings with **Timothy Kruser, MD.**



For questions call 608-294-6024, or visit ssmhealth.com/CancerPrevention to sign up for this virtual session.

