



LET'S
**BEAT BREAST
CANCER**
A 4-PRONGED APPROACH

You can reduce breast cancer risk in four simple steps:

- 1 Choose healthful plant-based foods
- 2 Exercise regularly
- 3 Limit alcohol
- 4 Aim for a healthy weight



For easy tips to reduce your risk, visit
LetsBeatBreastCancer.org



To learn more, visit LetsBeatBreastCancer.org, or scan the box with your iPhone camera or a QR code reader app.