



Breast Cancer & Lifestyle

Exercise, nutrition, and stress management play an important role in preventing and treating breast cancer*. Learn how your diet and lifestyle can affect breast cancer risk and survival from someone who has beaten cancer, and learn about the resources available through Manatee YourChoice to support your healthy lifestyle.

Facilitated by: Allison Minardi

DATE	TIME	LOCATION
Monday, October 1	12p - 12:45p	Admin Building, 4th Floor Manatee Room 1112 Manatee Avenue West, Bradenton
Thursday, October 11	12p - 12:45p	MSO Ops, Media Classroom *MSO/CPID ONLY 600 301 Blvd #202, Bradenton

*American Cancer Society, <https://www.cancer.org/cancer/breast-cancer/risk-and-prevention/lifestyle-related-breast-cancer-risk-factors.html>

Open to employees and adult health plan members!

Register at www.manateeyourchoice.com/register
(select "Breast Cancer & Lifestyle" in the dropdown menu or use the search bar)



For More Information Contact: Allison Minardi
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