

Nutrition, Physical Activity and Cancer: **The Power of Prevention**

These interactive programs provide not only a review of the updated recommendations for cancer prevention from the World Cancer Research Fund (WCRF) and the American Institute for Cancer Research (AICR), but also provide practical tips to help individuals apply the recommendations to their everyday life.

The Power of Prevention for Youth – in progress

The Power of Prevention for Adults

This practical and interactive presentation will increase your knowledge of the relationship between nutrition, physical activity and cancer prevention and the WCRF/AICR Food, Nutrition and Physical Activity Recommendations for cancer prevention and will also encourage the making of personal nutrition and physical activity goals.

The Power of Prevention for Older Americans

This presentation provides a fun, easy way to learn about the WCRF/AICR Food, Nutrition and Physical Activity Recommendations for cancer prevention, encouraging people of all ages to consider changes that can be made to promote a decreased risk of cancer and/or a decreased risk of cancer recurrence.