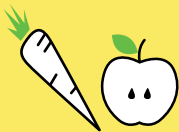


# HOW CAN WE REDUCE BREAST CANCER RISK?



WE CAN:

**Be Physically Active**

**Eat a Balanced Diet • Limit Alcohol**

**Not Smoke • Avoid All Plastic Water Bottles**



TRY TO:

**Use Non-Toxic Household Cleaning Products**

**Use Less Makeup • Avoid Microwaving Food in Plastic**

**Cook in Stainless Steel or Cast Iron**



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