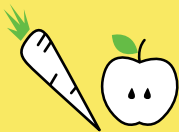


HOW CAN WE REDUCE BREAST CANCER RISK?



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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