Healthy Living for Life

Small changes, Big difference

Stay well by following the advice in this poster

1. **Eat healthy food and be a healthy weight**

2. **Move More – Be Active**

3. **Stay safe in the sun**

4. **Drink less alcohol or none at all**

5. **Take part in screening**

CervicalCheck
AN CLÁR NÁISIÚNTA SCAGTHÁSTÁLA CEIRBHEACS
THE NATIONAL CERVICAL SCREENING PROGRAMME

BreastCheck
An Clár Náisiúnta Scagthástála Cíoch
The National Breast Screening Programme

BowelScreen
An Clár Náisiúnta Scagthástála Putóige
The National Bowel Screening Programme

6. **Get the HPV vaccine when you are offered it**

7. **Quit smoking**
Call 1800 201 203

Marie Keating FOUNDATION

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