

Cancer prevention

C Y I S O R X G Q A E T A D T E S T K U E B G G
T N Q H M R J H T E D U C A T I O N Z N U Y I L
P Y D B F S E L P M I S D N A R A E L C O W E G
P L H A Y Y H T A E R B P E E D I Q D B J D F Y
T X A T E A C J R C E T Y R K Y D X L C C F D N
I G W Y L H L H L X V L O E T I G E W O F P R O
K Q E O G A A P X J I Z T M T E I U U W A Z I I
M Z K Z P A E N H Z T J I O F N M O X B P C N T
H B E O R X M H A T C J E V R O O H G U A L K N
G Z T B O C V E Z L A I M E K T P N R F K X W E
J C U B F S M K S N P N V R T R R Z S L R Z A V
E H F I E E G D M O E K I E L X P O A M Y R T E
A H Q Z S F Z Q O E E A A M I V D Z P T O F E R
L E E T S D L D L L K M T I C M R J S P S K R P
A A G P I J H E L I V P S N E E H K A G U T E E
O T N V O W G A N M R G T D F R L M V P E S N R
G P E Q N F Q T Z S C N C E D A S N X G K I G A
T R L C A Q U V U M G I A R W L D J D J T M Q C
R C L M L I I E F O L S R S Q D Y E I U B B T C
A T A P H J T G Q S B R T I C S L C O B A O B N
M T H U E O L G N Z T I S I V W S R M O E O K O
S B C D L Y I I W M Q X I P O Z W B D I A L Y T
M W L P P G N E O F E B D N R E H S K A J L O A
P Q O H P K E S B I E A K H N E A H Y G L P U J

professional help
keep active
new routine
smart goal
distract
healthy
sing

remove reminders
prevention
play games
plan ahead
quitline
visit
walk

clear and simple
deep breath
challenge
nonsmoker
set date
laugh
play

eat veggies
drink water
education
knowledge
support
smile