



QUICK TIPS



Limit Alcohol Intake



No Smoking



A Healthy Diet



Maintaining a Healthy Weight



Being Physically Active



Avoid too much Sun



Being Vaccinated



Taking up Cancer Screening Services

For more information contact:
Shirley O'Shea
at 087 6670857 or email
Shirley.OShea@hse.ie



MOVEMBER

KILLARNEY MENS SHED

All Men are welcome to attend a
CANCER AWARENESS WORKSHOP

- TUESDAY 28TH NOVEMBER
- TIME: 10:30AM
- LEWIS RD, KILLARNEY



Shirley O'Shea, Health Promotion Officer for Cancer Prevention will facilitate a workshop which will focus on raising awareness about cancer risks in particular to Men.

An opportunity to discuss, learn and find motivation to make healthy lifestyle changes, suitable for all ages of men.

Communicate about what small changes you can make to create healthy habits and feel better.

