

Cancer robbed my family.



Please
protect
yours.



**Cancer took my dad
Michael Landon's life when
I was only 8.**

Today we know a lot about
preventing this disease.

If you smoke, quit. Eat
more vegetables, fruits, and
vegetarian meals.

**These steps are powerful -
for you and your whole family.**

- Jennifer Landon

To download a free PDF of
The Cancer Survivor's Guide: Foods that Help You Fight Back, visit
www.CancerProject.org/Guide