



Take Back Your Health Tuesday Series

Tuesdays at 7pm on Zoom

Registration Required: <https://form.jotform.com/202264021498148>

Please join the North Brunswick Public Library and the Rutgers Cancer Institute of New Jersey for this collaborative series to help you take charge of your health!

Intro Series:

9/15 Cancer 101: Learn about how cancer develops, basic screening that can save lives and what steps you can take to reduce your risk for certain cancers

9/29 HPV-Related Cancers: Learn how to protect you and your family against HPV-related cancers

Oct - GI Series:

10/13 Guts and Glory: Learn about the relationship between the GI tract and cancer

10/27 Nutrition for Colorectal Health and Cancer: Learn how proper nutrition can reduce your risk for colorectal cancer

Nov - Smoking Series:

11/10 Lung Cancer Screening: Learn about lung cancer screening, if you are eligible and the process for screening

11/24 Breathing Easier: Learn about the dangers of second hand smoke and how you can protect yourself and your family

Dec - Genetics Series:

12/8 Controlling Your Cancer Risk: You can inherit or develop a heightened cancer risk. Learn what causes heightened risks and best practices to manage them

12/22 Family History and Cancer Risk: Don't be in the dark when it comes to familial cancer risks

Please Email: miller@northbrunswicklibrary.org with any questions

