

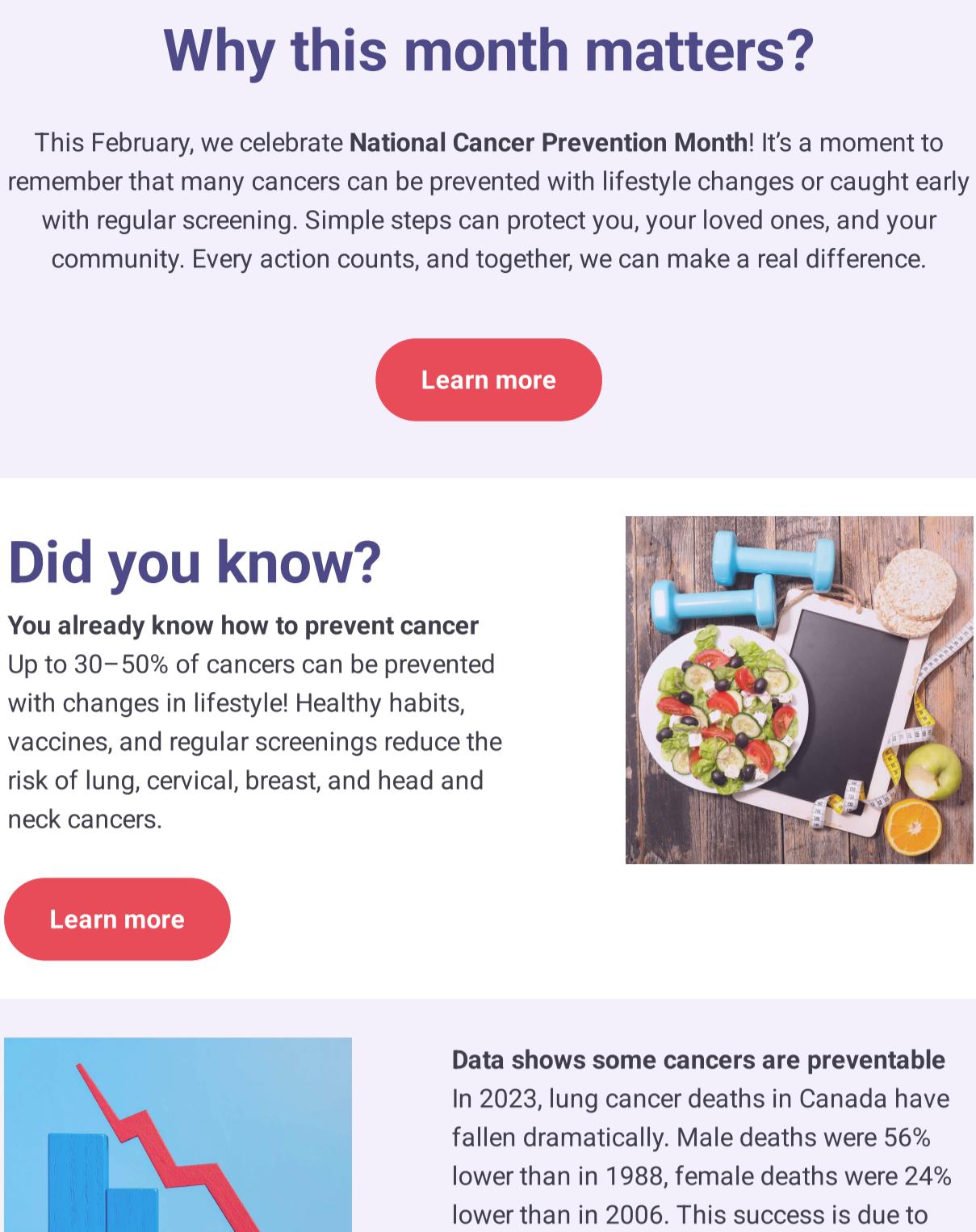


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National Cancer Prevention Month

February 2026



Why this month matters?

This February, we celebrate National Cancer Prevention Month! It's a moment to remember that many cancers can be prevented with lifestyle changes or caught early with regular screening. Simple steps can protect you, your loved ones, and your community. Every action counts, and together, we can make a real difference.

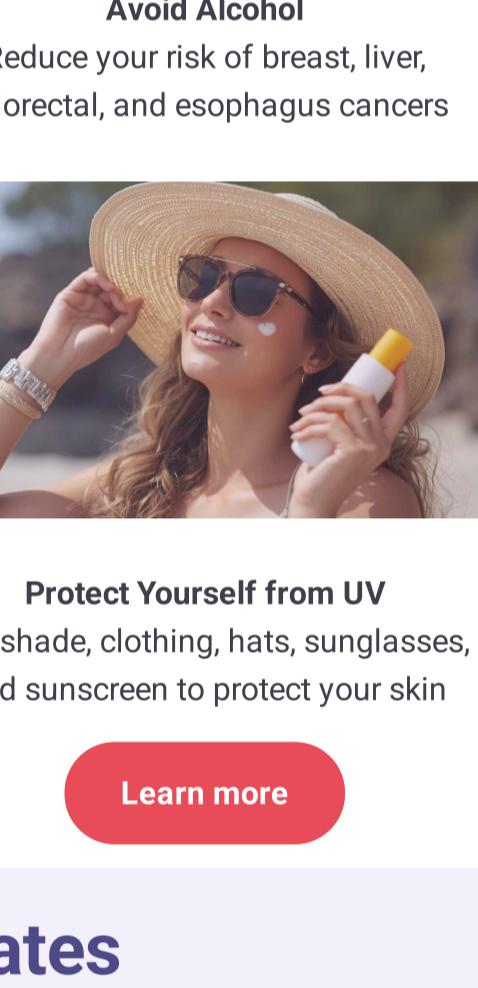
[Learn more](#)

Did you know?

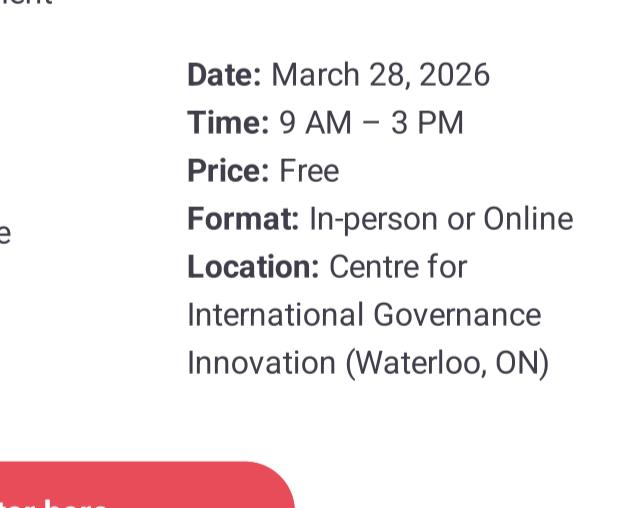
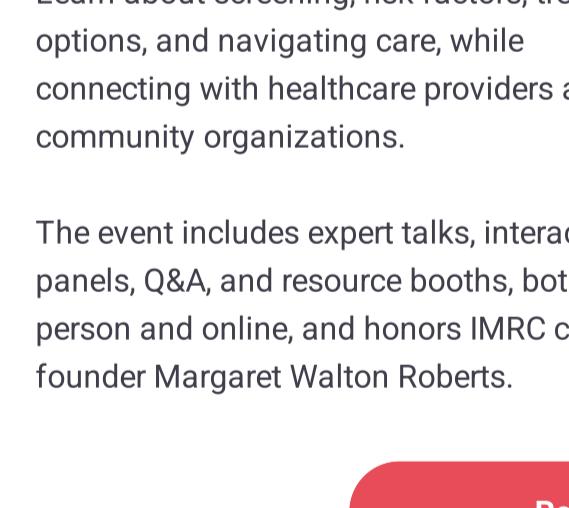
You already know how to prevent cancer

Up to 30–50% of cancers can be prevented with changes in lifestyle! Healthy habits, vaccines, and regular screenings reduce the risk of lung, cervical, breast, and head and neck cancers.

[Learn more](#)

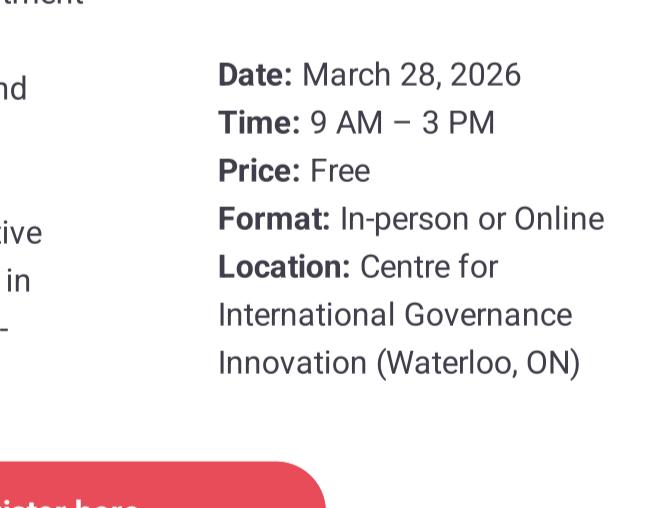
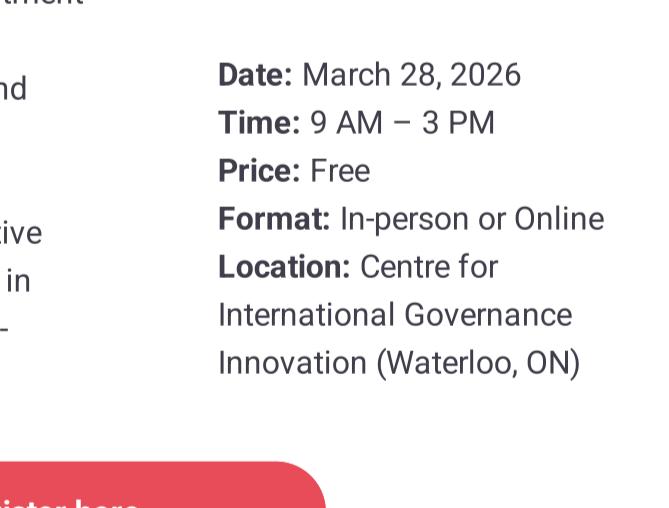


Tips to Lower Your Cancer Risk



Get Vaccinated

Prevent cancer-causing infections with HPV and Hepatitis B vaccines

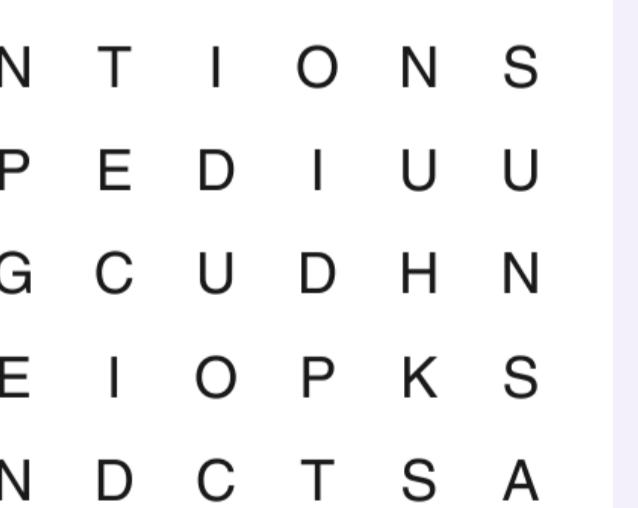
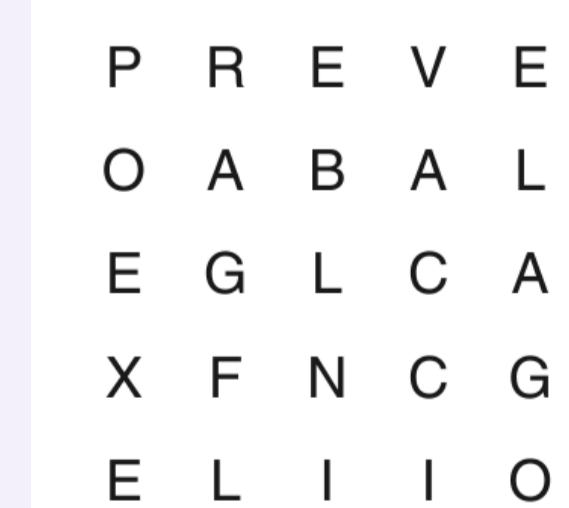


Avoid Tobacco

Lower your risk of lung cancer, the leading cancer for everyone

Get Screened Early

Screen early to catch breast, cervical, and colorectal cancers



Maintain a Healthy Weight

Keep your BMI between 18.5 and 24.9 with regular activity and healthy eating

[Calculate your BMI](#)

Avoid Alcohol

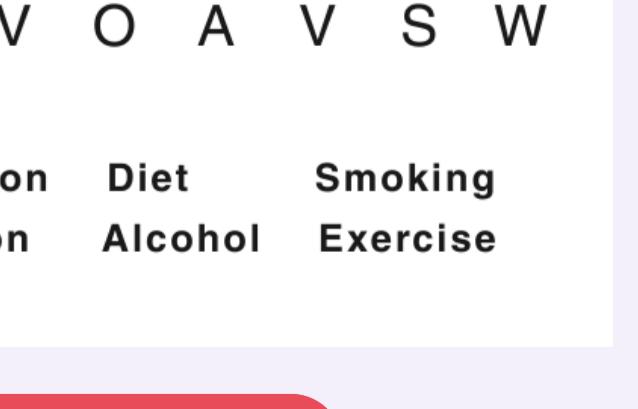
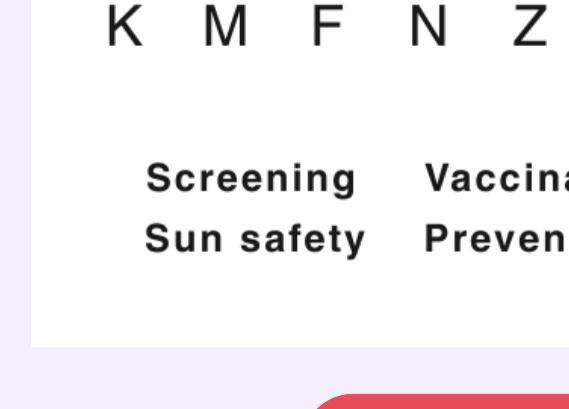
Reduce your risk of breast, liver, colorectal, and esophagus cancers

Protect Yourself from UV

Use shade, clothing, hats, sunglasses, and sunscreen to protect your skin

[Learn more](#)

ACCE Updates



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Our Event

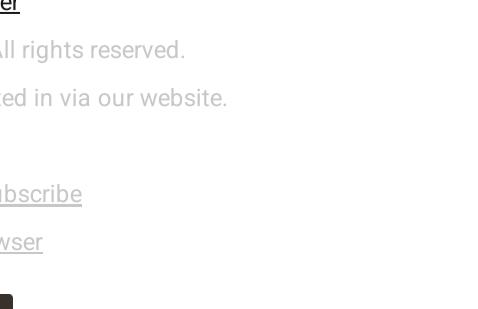
Empowering Communities:

A Cancer Awareness & Education Event

Join us on March 28, 2026, for a one-day event on cancer awareness, prevention, and early detection for minority communities.

Learn about screening, risk factors, treatment options, and navigating care, while connecting with healthcare providers and community organizations.

The event includes expert talks, interactive panels, Q&A, and resource booths, both in person and online, and honors IMRC co-founder Margaret Walton Roberts.



Date: March 28, 2026
Time: 9 AM – 3 PM
Price: Free
Format: In-person or Online
Location: Centre for International Governance Innovation (Waterloo, ON)

[Register here](#)

Word Puzzle

Find 8 words related to cancer prevention tips hidden in the puzzle!

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

Screening

Sun safety

Vaccination

Prevention

Diet

Alcohol

Smoking

Exercise

[Play here!](#)



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