

HEALTH TIP

MAY

BIGGEST MORNING TEA

2016



Australia's Biggest Morning Tea provides an opportunity for friends, family and colleagues to come together and raise funds to help those affected by cancer.

About Cancer:

One in three Australian men and one in four women will be directly affected by cancer before the age of 75, with melanoma, prostate, colorectal, breast and lung cancers comprising the most common types. There are an estimated 108,000 new cancer cases and 41,000 registered cancer deaths each year in Australia, and consequently cancer represents a major public health concern. While the causes for many cancers remain unknown, lifestyle factors including physical activity levels are considered contributory and modifiable for some. The scientific evidence supporting physical activity as a means of cancer prevention is now considered 'strong' and 'convincing' for particular cancers including colon/colorectal and breast. (Hayes et al, 2009)

Contact CHG to book an education workshop on cancer and prevention strategies that can reduce your risk.

Get Involved in Australia's Biggest Morning Tea This Year:

Host a tea

Attend a tea

Buy merchandise

Donate

For more information, including planning tips and recipes for hosting your own event, visit www.biggestmorningtea.com.au

9 Easy Ways to Reduce Your Cancer Risk



The official date for this year's Biggest Morning Tea is Thursday the 26th May.

Sources: www.biggestmorningtea.com.au ; www.cancer.org.au ; www.who.int