Ways to reduce your cancer risk

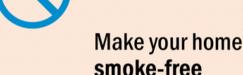






Do not smoke or use any form of tobacco

Avoid too much sun, use **sun protection**





Reduce indoor and outdoor air pollution



Enjoy a healthy diet



Be physically active



Breastfeeding reduces the mother's cancer risk



Limit alcohol intake



Vaccinate your children against Hepatitis B and HPV



Take part in organized cancer screening programmes







ANNOUNCEMENTS:

- FEBRUARY-PLANT BASED COOKING CLUB (TBD)
- FEBRUARY 18-HEALTH AND FITNESS 1 DAY RETREA
- MARCH 24-SPACE COAST TRIATHLON
- MARCH 31- EASTER SUNDAY 1K SWIM
- APRIL 28- FAMILY FIELD DAY
- SUNDAY CYCLING GROUP! (VISIT CHURCH CENTER FOR INFO)

VISIT CHURCHCENTER FOR SIGNUPS FOR EVENTS



presented by Health and Wellness
Ministries:



"So do not fear, for I am with you; do not be dissmayed, for I am your God. I will strenthen you and help you; I will uphold you with my righteous right hand."

Isaiah 41: 10





QUINOA LENTIL PUMPKIN SALAD

SERVES 4. AS A MAIN COURSE

INGREDIENTS:

150G QUINOA (+350ML WATER)

100G RED LENTILS (+250ML WATER)

2 LARGE CARROTS

1/2 HOKKAIDO PUMPKIN

50G BABY SPINACH

OLIVE OIL FOR ROASTING

HANDFUL OF WALNUTS

DIRECTIONS:

COOK QUINOA AND RED LENTILS IN TWO DIFFERENT SAUCE PANS, ADDING
MORE WATER IF NECESSARY. THE LENTILS WILL NEED ABOUT 7-10
MINUTES, THE QUINOA APPROXIMATELY 15 MINUTES. MEANWHILE CUT
THE CARROTS AND HALF OF A HOKKAIDO PUMPKIN IN SMALLER PIECES
AND ROAST THEM IN A PAN AND IN OLIVE OIL AT MEDIUM HEAT FOR 10
MINUTES. WASH THE BABY SPINACH AND ROUGHLY SHRED IT, USING YOUR
HANDS. MIX ALL INGREDIENTS TOGETHER IN A BIG BOWL AND COMBINE.

OUR MISSION

To educate, inspire, and grow our community in health, lifestyle, and prevention.

About us:

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HEALTH AND WELLNESS MINISTRY

