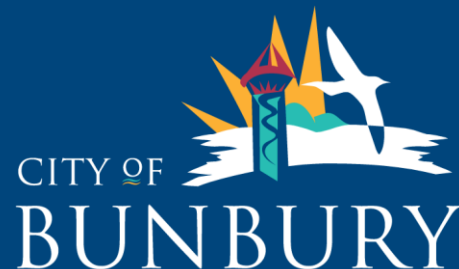


# MEDIA STATEMENT



Thursday, 4 February 2016

## **Healthy lifestyle a key to reducing cancer risk**

Reducing the risk of cancer by making healthy lifestyle choices is the focus of the next free talk to be held at the City of Bunbury Library as part of the Live & Learn Program.

The informative talk, to be presented by the Cancer Council of WA, will address how at least one-third of all cancers can be prevented by a healthy lifestyle.

The talk, to be held on Thursday, 18 February at 5pm at the Bunbury Library, will discuss how lifestyle choices such as staying in shape, not smoking, eating healthy and being sun smart can reduce the risk of cancer.

Places are limited and bookings can be made by visiting [www.bunbury.wa.gov.au/library](http://www.bunbury.wa.gov.au/library) or emailing [bunlib@bunbury.wa.gov.au](mailto:bunlib@bunbury.wa.gov.au).

The Live & Learn program has proved to be popular since its introduction last year, covering a wide range of topics designed to teach practical social and lifestyle activities.

All sessions as part of the Live & Learn program are free and aim to give the community helpful information on a range of everyday topics.

Sharon Chapman, City of Bunbury Manager Library Services, said the program complemented existing learning classes available at the Libraries.

“We have had a great response to past sessions and spots have filled up fast because of the topics, knowledgeable speakers and relevant information,” she said.

**ENDS**

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