

Make lifestyle changes to reduce your risk

You can take steps to reduce your risk of colon cancer by making changes in your everyday life. Take steps to:

- **Eat a variety of fruits, vegetables and whole grains.**
- **Drink alcohol in moderation, if at all.**
- **Stop smoking.**
- **Exercise most days of the week.**
- **Maintain a healthy weight. .**

Taken from:

<http://www.mayoclinic.com/health/>

[colon-cancer/DS00035/](http://www.mayoclinic.com/health/colon-cancer/DS00035/)

DSECTION=prevention



The Fifth Annual **"Raising Awareness Saving Lives" 5K Walk/Run** will be held on Saturday, April 13, 2013. Registration will begin at 7:15 a.m. and the race will begin at 8:30 a.m.

Meece Middle School
Somerset, KY

For more information:

<http://raisingawareness5k.com/>



WCHS
Annual Big
Blue Lunch
Wed. March 20, 2013



Colon and Colorectal
Cancer Awareness
Campaign

Food Lab
11AM-1:30 PM
\$5 Lunch Tickets
Available Now

For tickets see:
WCHS Nurse Amy Edwards
WCHS Librarian Carol Ford

Your
\$5 Lunch Ticket
Gets you a fabulous
Lunch

AND

All proceeds go to

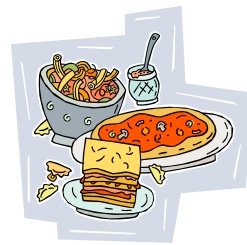
Friends of
Lake Cumberland

This organization provides transportation and financial assistance to individuals for colon and colorectal cancer screenings and treatments.



*Big Blue Lunch
Menu
March 20, 2013*

- Amy's Famous Taco Soup and Chips
- Pinto Beans and Cornbread
- Soups and crackers
- Fresh Berries, nuts, and greens Salad
- Chips and Dips
- Big Blue Cupcakes
- Big Blue Punch and Water
- Cancer Awareness Treat Bags



Wear Blue
and
Come Hungry!
11AM—1:30 PM
Foods Lab

*Many Wayne County School
families have been affected by
colon cancer, including:*

Harold Norfleet (Diagnosis at age 55 -Amy Norfleet Edward's dad)

William Shearer (Diagnosis at age 27 -Joe and Carol Shearer's son)

Susan Bridgman Evans
(Diagnosis at age 33- Survivor -Donna Bridgman's sister)

Melissa Perkins Davis
(Diagnosis at age 25 -Dewayne Perkin's sister - Stacy Perkins's husband)

Brian Bentley (Diagnosis at age 38- Survivor -Carol Jean Bentley's husband - he subs here)

Rebecca Duncan (Diagnosis at age 40 - Arlene Sloan's maternal grandmother)

Jessie SanMiguel (Diagnosis of Gastrointestinal Cancer at age 70 - Arlene Sloan's step dad)

All money from the lunch ticket sales goes directly to the organization Friends of Lake Cumberland.

All foods and supplies used for the lunch were purchased by your school event organizers: Amy, Carol, Melanie, and- Donna.