



Manhattan Beach Foundation Launches Cancer Prevention Month

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Manhattan Beach Cancer Advocate Launches Cancer Prevention Month

Another American receives a cancer diagnosis every 19 seconds and more 12 million Americans are living with the disease. The American Institute on Cancer Research is a leading cancer research organization.

MANHATTAN BEACH, CALIFORNIA. Manhattan Beach resident and Cancer Journeys Foundation President Robert Hess announced that the Cancer Journeys Foundation has partnered with the American Institute for Cancer Research in their 2017 #cancerprevention awareness program.

It's the start of Cancer Prevention Month! And we're excited to join other health organizations to help individuals make the healthy lifestyle changes that can lower their cancer risk," said Hess. "About half - 50% - of the most common US cancer cases are preventable. The recipe is simple: eat well, be a healthy weight, be active, and stop smoking."

According to Hess, "How much you move is important and just 30 minutes of activity every day is enough to

matter for #cancerprevention. I set a timer and take a short walking break every 25 minutes. My daily goal is that magic 10,000 steps.?

The simplest and easiest way to exercise is walking. Everyone can do it.

The Cancer Journeys Foundation has established a weekly walking program for cancer survivors in Manhattan Beach, California. The walk takes place each Tuesday morning. Details can be found on the events section of the Cancer Journeys Foundation's website ? Cancer Survivor Walk.

The American Institute for Cancer Research has created an easy 30-day checklist for reducing cancer risk. The checklist is available for download at - 30-Day Checklist..

About the Cancer Journeys Foundation

The Cancer Journeys Foundation provides a comprehensive digital information center for cancer survivors, their families, and caregivers. The Foundation also is developing a nationwide network of walking programs to support America's 15 million cancer survivors on their journeys.

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For more information about Cancer Journeys Foundation, contact the company here: Cancer Journeys Foundation Robert Hess 310.430.5899 robert.hess@cancerjourneysfoundation.org 1601 N Sepulveda Blvd Ste. 576 Manhattan Beach, CA 90266

Cancer Journeys Foundation

The CJF develops and operates cancer early detection systems and provides information, guidance, support, and community for cancer survivors (cancer journeyers) as they finish their cancer treatments and transition to their individual cancer journeys.

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