



Cancer Awareness Roadshow

The **Cancer Awareness Roadshow** goes into the heart of communities talking to people about the importance of early diagnosis, and steps they can take to live more healthily and reduce the risk of cancer. Since 2006, our Roadshow nurses have reached over 700,000 people.

What do we offer?

We provide a welcoming environment for people to:

- talk to one of our Roadshow nurses
- discuss how small health changes can reduce cancer risk
- learn about screening and where to get more information
- talk about the importance of spotting cancer early by speaking promptly to the GP about any concerns
- find out about local and national services
- have a free BMI¹ or Smokerlyzer[®] test²
- help themselves to a wide range of useful leaflets

Our key messages:



Be smoke free



Keep a healthy weight



Eat a balanced diet



Be safe in the sun



Drink less alcohol



Be more active

For more information,
contact cancerawarenessroadshow@cancer.org.uk



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Together we will beat cancer

1 Body Mass Index (BMI test): a measure of height and weight that indicates whether or not someone's weight is posing an increased risk to their health. 2 Carbon monoxide test (Smokerlyzer[®]) measures how much carbon monoxide is in someone's breath, providing a platform for discussing the damage that smoking does to health.