

預防大腸癌

TO PREVENT COLORECTAL CANCER

實踐健康生活

LIVE A HEALTHY LIFESTYLE



**每日食
5份蔬果**

Eat 5 servings of fruit
and vegetables daily



**保持
健康體重**

Keep a
healthy weight



恆常運動

Exercise regularly



**向煙酒
說「不」**

Say "NO" to smoking
and alcohol



大腸癌篩查計劃

COLORECTAL CANCER SCREENING PROGRAMME

3565 6288

www.ColonScreen.gov.hk



尋找基層醫療醫生



Find a Primary Care Doctor



衛生署

Department of Health