



LET'S BEAT BREAST CANCER

A 4-PRONGED APPROACH

I PLEDGE TO TAKE ACTION

_____/_____/2019
(Signature) (Date: MM/DD/YYYY)

Choose healthful
plant-based foods

Exercise
Regularly

Limit
alcohol

Aim for a
healthy weight

First Name: _____ Last Name: _____
(Print) (Print)

Address: _____ City: _____ State: _____

Zip: _____ Phone: (____) _____ Email: _____

Physicians
Committee
for Responsible Medicine



Wellness Forum Health

Sponsor: Leslie Kasanoff, DC



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