B	I	N	G	O
Vegetables and fruits	3x a week	Colorectal Cancer	Red meat and processed meats	Males
Cervical Cancer	Use sun screen	Prostate Cancer	African Americans	Stress reduction
Weight control	Age 50	**FREE**	Pap test	Family history
Cancer Walk	Light color clothing	Second hand smoke	Lung Cancer	Quit using tobacco
Self-breast exam	Early detection	Dermotologist	PSA blood test	Breast Cancer

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B	I	N	G	O
Pap test	Males	Age 50	Stress reduction	Breast Cancer
Second hand smoke	Family history	Light color clothing	Use sun screen	African Americans
Weight control	Red meat and processed meats	**FREE**	PSA blood test	Cervical Cancer
Colorectal Cancer	Prostate Cancer	Self-breast exam	Cancer Walk	Quit using tobacco
3x a week	Vegetables and fruits	Yearly mammograms	Chronic exposure to the sun	Dermotologist

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B	I	N	G	O
Pap test	Cervical Cancer	Quit using tobacco	Chronic exposure to the sun	African Americans
3x a week	Yearly mammograms	Colorectal Cancer	Weight control	Cancer Walk
Use sun screen	Self-breast exam	**FREE**	Lung Cancer	Red meat and processed meats
Breast Cancer	PSA blood test	Light color clothing	Family history	Age 50
Stress reduction	Males	Dermotologist	Prostate Cancer	Vegetables and fruits

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