

A photograph of two women sitting on a wooden pier, looking out at the ocean. The woman on the left is wearing a brown coat, and the woman on the right is wearing a purple jacket. The ocean is visible in the background with waves breaking. The text "1 in 2 of us will develop some form of cancer in our lifetime" is overlaid on the image in white.

1 in 2 of us will
develop some
form of cancer in
our lifetime



Have you booked
your cervical
screening
appointment



A close-up photograph of a hand holding a lit cigarette. The cigarette is lit, with a small flame and smoke visible at the tip. The hand is positioned in the lower left, with the fingers gripping the cigarette. The background is a blurred blue-grey color.

00:00

THURSDAY, 1 JANUARY

Reminder

New Year's Resolution

Stop smoking and
improve your health

[START](#)



Is your drinking
putting your health at risk?

Pick up a free unit
calculator sheet from the
pharmacy to find out more.

BY

11/10/10

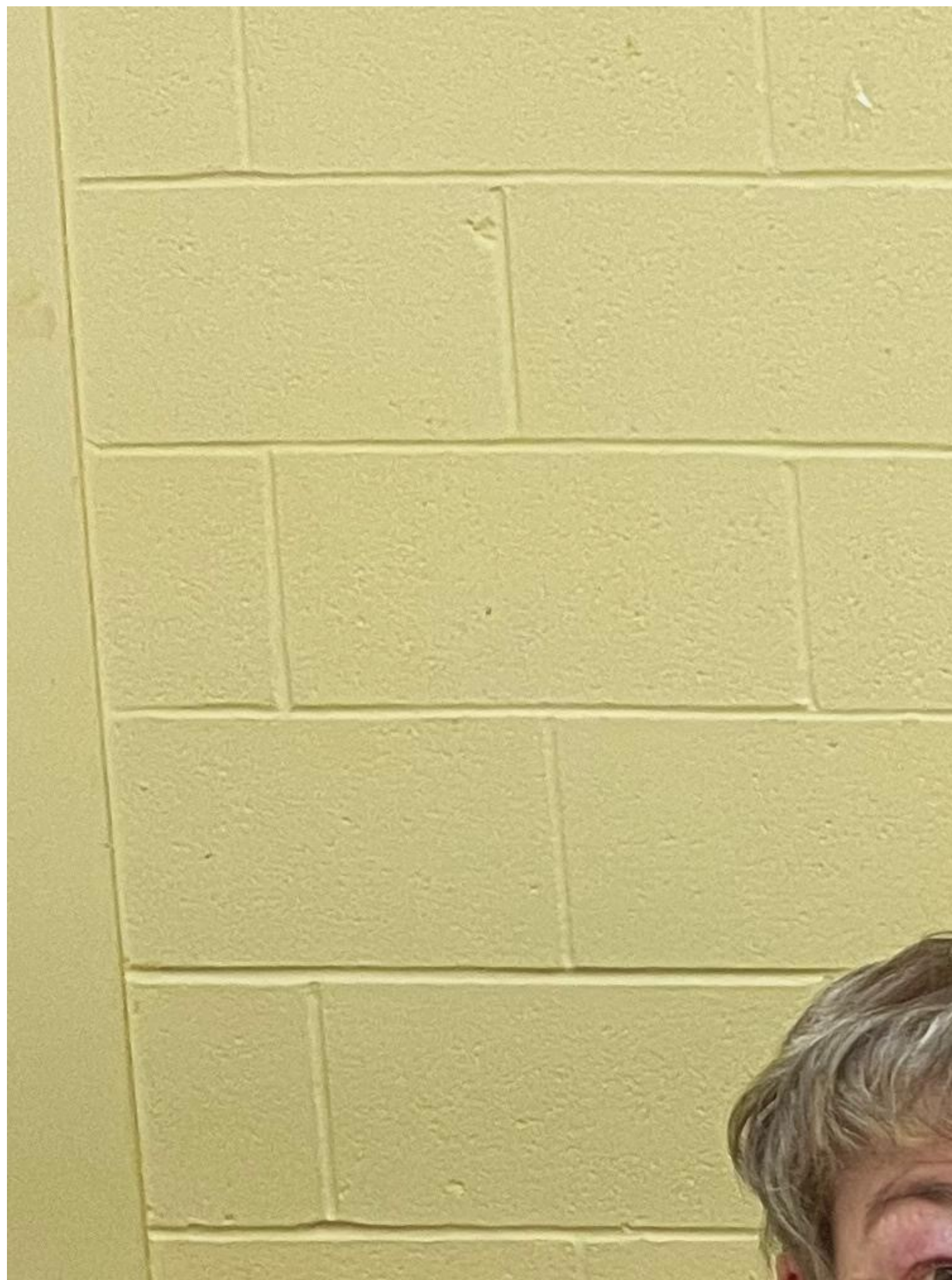


Don't let the night take you.

1 December

Prevent to **Protect**

I test. Do y





CHOOSE
TO
LIVE
BETTER

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