

Take the 'Get Active Challenge' **Achieve a healthy lifestyle**



If you've been looking for ways to get more active and lower your lifetime risk for cancer, the American Cancer Society's "Get Active Challenge" may be just the motivation you need. The 'Get Active' web site provides information on staying active (or increasing your exercise levels), tools to help develop an exercise and nutrition regimen, how to make your community more exercise-friendly, and activities to help your children achieve recommended exercise levels.

Take the 'Get Active Challenge' at www.getactivechallenge.org



George Kovach, M.D. David Mercer, M.D. Susannah Friemel, M.D.

Hematology Medical Oncology Consultants

Dedicated to the prevention and treatment of cancer

1351 West Central Park, Davenport, IA 52804 ~ 563.421.1960
4480 Utica Ridge Rd., Suite 1132, Bettendorf, IA 52722 ~ 563.344.0445

For more information and useful links, visit us online at www.hmocpc.com