

February 10, 2016

#DodgeCancer Youth dodgeball tournament to promote cancer prevention

The Simcoe Muskoka Regional Cancer Program's Youth Advisory Council (YAC) presents #DodgeCancer, a free dodgeball tournament for local youth. The event gives players the opportunity to enjoy a great day of active living, free giveaways and a chance to learn about cancer prevention while having fun with other youth in their community.

Date: Saturday February 27, 2016

Time: 9 am – 3 pm

Location: Bear Creek Secondary School – 100 Red Oak Drive, Barrie

Those interested in participating can register online as an individual or a team of 10 at <https://environn.typeform.com/to/FiSwDf>. The deadline to register is Monday, February 22, 2016.

The Youth Advisory Council spreads cancer prevention messages on twitter to their peers, including updates on the dodgeball tournament. Stay up to date by following [@changingmyodds](https://twitter.com/changingmyodds).

Additionally, follow Royal Victoria Regional Health Centre's cancer prevention and screening team on Twitter at [@RVHPreventCa](https://twitter.com/RVHPreventCa) for useful health tips.

Let's #DodgeCancer!

Quick facts about cancer prevention:

- 50 per cent of cancers can be prevented through healthy lifestyle choices
- 90 per cent of skin cancers are caused by the sun's UV radiation and Canada's rates of skin cancer are increasing
- You can lower your cancer risk by being active, eating well, not smoking, and being sun-safe

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