

Children's Board Family Resource Centers in East County

MOFFIT CANCER CENTER

Moffit Program for Outreach Wellness Education & Resources

AROUND THE CENTER

Cancer affects every ethnic background, is fluent in every language and can impact people of any age, faith or culture.

M-POWER provides the community with health education in the areas of cancer prevention, early detection and screening.

Participants will learn about resources, educational workshops and linking, to free and/or low-cost screening services.

Date: December 5, 2019

Time: 4:00pm

**Children's Board
Family Resource Centers
in East County**

Managed by Champions For Children
**639 East Alexander Street
Plant City, Florida 33563
813-752-8700**

Hours: Monday — Thursday: 9am to 6pm
Friday & Saturday: 9am to 1pm

Workshop Topic: Healthy Lifestyle

Participants will learn about realistic food choices, exercise, and simple ways to make lifestyle changes to reduce our risk of cancer and other chronic diseases.



Children's Board
HILLSBOROUGH COUNTY

www.ChildrensBoard.org

FAMILY
RESOURCE CENTERS

Children's Board Family Resource Centers are funded by the Children's Board of Hillsborough County and administered by the Healthy Start Coalition of Hillsborough County. Managing partners include: Champions for Children, Children's Home Network, Family Community Advisory Councils, REACHUP, Inc. and St. Joseph's Children's Wellness and Safety Center.

All programs and services are at no charge to families and individuals.

www.familysupporthc.org



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ALREDEDOR DEL CENTRO

*El cáncer afecta a todos los orígenes étnicos,
domina todos los idiomas y puede afectar a
personas de cualquier edad, religión o cultura.*

*M-POWER proporciona a la comunidad
educación sobre la salud en las áreas de
prevención del cáncer, detección
temprana y detección.*

*Los participantes aprenderán sobre recursos,
talleres educativos y vinculación,
a libre y / o de bajo costo
servicios de detección.*

Fecha: 5 de diciembre

Hora: 4:00pm

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Family Resource Centers
en East County**

Administrado por Champions For Children
**639 East Alexander Street
Plant City, Florida 33563
813-752-8700**

*Horas: Lunes — Jueves: 9am a 6pm
Viernes y Sábado: 9am a 1pm*

Tema del taller: Los estilos de vida saludables

En este taller los participantes aprenden sobre opciones realistas de alimentación, sobre el ejercicio y sobre cómo poner en práctica cambios sencillos en el estilo de vida para reducir el riesgo de sufrir cáncer y otras enfermedades crónicas.



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**FAMILY
RESOURCE CENTERS**

Centros de Recurso Familiares del Children's Board son financiados por el Children's Board del Condado de Hillsborough y administrados por Healthy Start Coalition del Condado de Hillsborough. Socios gerentes incluyen: Champions for Children, Children's Home Network, Concilios de Consejo de la Familia y la Comunidad, REACHUP, Inc. y St. Joseph's Children's Wellness and Safety Center.

Todos los programas y servicios son ofrecidos sin costo a familias e individuos.

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