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# **MARCH**

is Nutrition and Physical Activity
Awareness Month
#RecipesAgainstCancer

# Dear Members,

Every year in March ECPC organises the Nutrition and Physical Activity Awareness Month to increase awareness of these two crucial, yet often neglected, components of cancer prevention, treatment support and rehabilitation.

We need your help to achieve this goal! In light of your strong support for patients, survivors, carers and other stakeholder organisations, your high visibility and the value you place on the topic at hand, we would be delighted to count on your support.

March 2020

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Social Media Plan

**Images** 

Contact us

### How can you help?

#### 1. Join our campaign on social media

We have created social media plan to engage with the campaign and to take an action on your national level. Please don't forget to use the hashtag #RecipesAgainstCancer If you are struggling to download pictures from the social media plan, please find them in the folder "Images".

Disseminate the nutrition booklet on your national level

We are pleased to inform you that the nutrition booklet was translated in 9 languages languages (Bulgarian, Czech, French, German, Greek, Italian, Romanian, Slovak and Spanish) and you can find all translations at the bottom of our website <a href="here">here</a>. Please share the booklet among your members.

We will provide you with two additional posts at a later stage.

Thank you so much for your support and kind regards,

### **ECPC Team**



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