



**MEAT
FREE
WEEK**

**LIVE WELL.
EAT WELL. BE WELL.**

**ARE YOU UP FOR
THE CHALLENGE?**

**SIGN UP AT
MEATFREEWEEK.ORG**



Bowel Cancer Australia



MEAT FREE WEEK

**CHALLENGE YOURSELF
TO GIVE UP MEAT FOR A
WEEK AND RAISE FUNDS
FOR A GREAT CAUSE.**

**LIVE WELL.
EAT WELL. BE WELL.**

Diet and lifestyle choices can influence
your bowel cancer risk.

Engage in regular physical activity.

Consume a balanced diet with an emphasis
on plant-based foods.

Maintain a healthy body weight.

**SIGN UP OR DONATE AT
MEATFREEWEEK.ORG**



Bowel Cancer Australia



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