

# Your Body is an Instrument of Expression ...

and mine still has a lot to say.

If you're a cancer survivor like I am or you want information about preventing cancer, go online to download a FREE electronic copy of *The Cancer Survivor's Guide*, a nutrition guide with more than 100 cancer-fighting recipes.

—Dorothy Hamill



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[www.CancerProject.org/Guide](http://www.CancerProject.org/Guide)