

Life is busy but your health is important. #GetBackonTrack with cancer screening.



[Find you cancer risk](#)

Anyone wanting information



[Book a mammogram](#)

Ages 50-74, every 2 years



[Schedule a Pap Test](#)

Ages 25-69, every 3 years



[Order an at-home colon kit](#)

Ages 50-74, every 2 years



[Referral for high-risk lung screening](#)

Ages 55-74, every year



www.hnhbscreenforlife.ca

**Hamilton Niagara Haldimand
Brant Regional Cancer Program**

Ontario Health (Cancer Care Ontario)