



1. Vincent Henry, Sr., Squaxin Island Tribe, Marvin Henry, Sr., Squaxin Island Tribe | 2. Barbara Anne Henry, Squaxin Island Tribe | 3. Skylar Miller, Skokomish Indian Tribe



# Feed your mind, body, and spirit

Many traditional foods are powerful medicines, they help us connect to our ancestors and are full of nutrients. Eating these foods can help reduce your risk for cancer.



Scan the QR code to see a list of foods.

**Get screened for colorectal  
cancer today.**

**For more information, visit [cancer.org](https://www.cancer.org) or call (360) 426-3990.**

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