

**EAT WELL**



**KEEP FIT**



**USE THE  
TEST KIT**



## Did you know that bowel cancer is the third most common cancer in the UK?

If you are aged **60-74** and registered with a GP, you will automatically be sent a free test kit that can detect early signs of bowel cancer.

**Aged 75 or over?** You can request a kit by calling freephone 0800 707 60 60.