

# YOU CAN

YOUTH CANCER SUPPORT

YOU CAN SUPPORT

BADMINTON  
ENGLAND  
*Play it. Love it. Live it.*



*"Kings School Recreation Centre are very happy to support the YouCan project and provide the opportunity for young people to experience the huge benefits of sport."*

Lesley Uphill  
Badminton Coach



## Did you know?

Physical Activity drives down your insulin levels. Controlling your insulin levels is one of the most powerful ways to reduce your cancer risk.

