



The Faith, Health & Family Collaborative is a partnership between The University of Texas MD Anderson Cancer Center and churches in the Greater Houston area to address health in African American families. We are engaging with churches, community organizations, and African American families to promote healthy lifestyles among all generations.



## Ways to Stay on Track This Year

Sticking with an exercise routine and eating a healthy diet isn't always easy. At times, it can be difficult to stay motivated. But these healthy lifestyle choices are an important part of reducing your cancer risk. Read more...



## At Home Genetic Testing

...Some of these tests just tell you about what countries your ancestors come from. Some tell you your heritage, plus details about your health. And some tell you if you're at risk for certain types of cancer. Read more...



## Dealing with Emotional Eating

It's pretty hard to eat really well and nutritious foods if our heart is not right with others, ourself or God. The tendency that many of us have is to turn to comfort foods, or salty and sweet foods to soothe our souls if our emotions are a wreck! Read more...

