

# Val Verde-Kinney Cancer Task Force

## Mission Statement

Under the auspices of the Community Health Improvement Coalition, the Val Verde-Kinney Cancer Task Force's purpose is to reduce the burden of cancer on the residents of Val Verde and Kinney counties.

The Task Force will create and expand cooperative efforts that maximize available cancer resources.

The Task Force will use the *Texas Cancer Plan* and its goals of cancer prevention, early detection and treatment, professional training, cancer data, and planning, and survivorship to promote its mission.

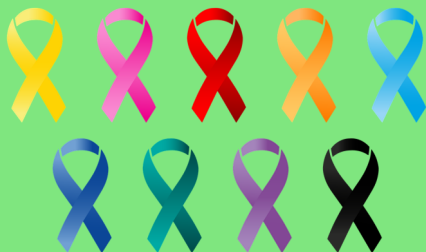
## Who Can Be a Member of the Val Verde-Kinney Cancer Task Force?

- Someone who has an interest in helping reduce the burden of cancer in our community.
- Someone who is willing to help develop projects with the task force.
- Someone who wants to donate time and skills to assist the task force in our mission.
- Someone who is a cancer survivor, caregiver, or who just cares.
- YOU?

## Mayo Clinic's 7 Tips to Reduce Your Risk of Cancer

1. Don't use tobacco!
2. Eat a healthy diet!
3. Maintain a healthy weight and include physical activity!
4. Protect yourself from the sun!
5. Get immunized!
6. Avoid risky behaviors!
7. Take early detection seriously — get screened!

<http://www.mayoclinic.com/health/cancer-prevention/CA00024>



For more information about becoming a member of the Val Verde-Kinney Cancer Task Force, call:

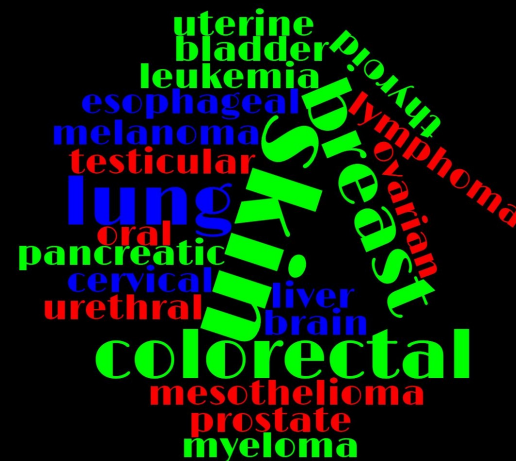
**Val Verde County**

830-774-7591

**Kinney County**

830-563-5528

# Val Verde-Kinney Cancer Task Force



***Don't Turn Your  
Back on Cancer!***



The VVKCTF operates under the umbrella of the Community Health Improvement Coalition (CHIC), a 501 (c) 3 non-profit organization.

[www.chicdelrio.org](http://www.chicdelrio.org)



# Val Verde-Kinney Cancer Task Force



PROTECT YOURSELF  
IN THE SUN!

## Rolling the Dice on Tobacco Use

How the chips are stacked  
against our kids

## VVKCTF EDUCATION CAMPAIGNS

- Colorectal Cancer
- Skin Cancer
- No Tobacco Use
- Reducing Cancer Risk
- Cancer of the Month
- Open to new ideas...



The VVKCTF conducted surveys to support the need for a cancer resource room.

Grant funds opened the door at the Val Verde Regional Medical Center.

Donations from individuals, groups, and United Way of Val Verde County provide direct aid to those in need.

You can be a VVKCTF  
volunteer assisting  
Cancer Navigator  
Stacey Covarrubias  
in the HOPE  
Cancer Resource Room.

# HOPE CANCER RESOURCE ROOM

Open  
Monday - Thursday  
9:00 am - 2:00 pm

No Appointment Necessary  
Services are Free



VAL VERDE  
REGIONAL MEDICAL CENTER  
HOPE CANCER RESOURCE ROOM

830-778-3852



The VVKCTF supported other health agencies to bring the CPRIT FluFIT on the Frontera grant to fight colorectal cancer.



## ENCOURAGE! ENLIGHTEN! EMPOWER!

VVKCTF is the  
Official Sponsor  
of SURVIVORS  
at Relay for Life!

Come join us as we  
work to reduce the  
burden of cancer!



Val Verde-Kinney Cancer Task Force earned a Cancer Alliance of Texas (CAT) Certificate of Recognition "for your hard work, enthusiasm, and commitment in Comprehensive Cancer Control" on August 12, 2010.

