



## April Nutrition Classes at Life with Cancer®

### Ask a Dietitian

**Life with Cancer Family Center, Tuesday, April 16, 5-6PM**

Nutrition can be a complicated science, and confusion surrounding what you choose to eat can become stressful! Come spend an evening with Lauren Fay, RD, CDO, CNSC, to ask any nutrition related questions, to receive the evidence based answers and clarify any confusion you may have.

### Survivorship Nutrition Update

**Life with Cancer Family Center, Wednesday, April 24, 5-6:30pm**

Did you know the American Institute for Cancer Research Released their latest recommendations for survivorship nutrition last May? This class, taught by Lauren Fay, RD, CDO, CNSC, will review the latest evidence, and provide ideas and resources on how to adjust your own diet to help decreased risk of cancer recurrence. Includes cooking demonstration!

### Fighting Cancer with a Fork

**Fair Oaks Cancer Center, Radiation Oncology, Tuesday, April 16, 12-1pm**

Sara Negron, RD, will provide an overview of nutritional recommendations for cancer patients and survivors.

Community support makes it possible for Life with Cancer to offer classes and groups free of charge to individuals impacted by cancer.

**Advance registration is required at [www.lifewithcancer.org](http://www.lifewithcancer.org)**

**or call 703-698-2526**