

March Nutrition Classes at Life with Cancer®



Ask a Dietitian

Life with Cancer Family Center, Tuesday, March 12, 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. Registration is required.

Survivorship Nutrition Update

Life with Cancer Family Center, Wednesday, March 27, 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! Registration is required.

Fighting Cancer with a Fork

Fair Oaks Cancer Center, Radiation Oncology, Tuesday, March 19, 12-1pm

Sara Negrón, MS, RD, CSO will provide an overview of nutritional recommendations for cancer patients and survivors. Registration is required.

Diet & Inflammation

Fairfax, Thu, March 14, 5-6pm

Lauren Fay, RN, CDO, CNSC, will review how diet can impact inflammation in your body and how this has the ability to impact your disease risk and overall health. Registration is required.

Nutrition Counseling

Lauren Fay, RD, CDO, CNSC, can provide nutrition counseling and recommendations to help support nutrition needs of an individual diagnosed with cancer before, during, and after treatment. Using evidence based information, she can help clarify the complex topics related to

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

or call 703-698-2526