

# WEIGHT MANAGEMENT AFTER BREAST CANCER

Tuesday, April 2 and 9

5-6:30

Life with Cancer Family Center

8411 Pennell Street, Fairfax, VA 22031

Are you having a challenging time achieving a healthy weight after your diagnosis and treatment for breast cancer? This two-part series will combine evidence based diet, nutrition, physical activity, and behavioral techniques to help support healthy weight loss to maximize your health.

Facilitators: Lauren Fay, RD, CSO, CNSC

Drucilla Brethwaite, LCSW, OSW-C

This two-part class is free of charge; however, advanced registration is required at [www.lifewithcancer.org](http://www.lifewithcancer.org) or call 703.698.2526

