



May Nutrition Classes at Life with Cancer®

Ask a Dietitian

Life with Cancer Family Center, Monday, May 22, 5-6:30PM

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

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 decrease risk of cancer recurrence. Includes cooking demonstration!

Fighting Cancer with a Fork

Fair Oaks Cancer Center, Radiation Oncology, Tuesday, May 21, 12-1pm

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

Breast Cancer and Nutrition

Fair Oaks, Wednesday, May 15, 5:00-6:00 PM

Join us for an evening with Registered Dietitian, Lauren Fay, who will help clarify common misconceptions about nutrition and cancer, and provide evidenced based nutrition recommendations to maximize your health.

**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