

# Nutrition

## July Classes at Life with Cancer®

### Ask a Dietitian

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

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

### Survivorship Nutrition Update

**Life with Cancer Family Center, Monday, July 24, 5-6:30pm**

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, July 16, 12-1pm**

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

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### Nutrition Counseling

Using evidence-based research, our registered dietitians can help you modify your diet to support you before, during and after cancer treatment.

#### Common areas of nutrition recommendations during cancer treatment and recovery include:

- Managing treatment-related side effects
- Nutrition support (tube feedings, IV nutrition)
- Weight management (loss/gain)
- Vitamins, minerals, & nutrition supplements
- Survivorship recommendations to help reduce risk of cancer recurrence

#### Our experts can also help with the following concerns:

- Loss of appetite
- Nausea
- Taste changes
- Irregular bowel movements
- Weight loss/gain

**Life with Cancer classes, groups and services are *free of charge* to individuals impacted by cancer. To register go to [www.lifewithcancer.or](http://www.lifewithcancer.or) or call 703.698.2526**