



Eating Well Through Cancer Treatment

One of the best strategies for recovery from cancer is to make sure you are eating enough and eating an abundance of high-density nutritious foods. In this seminar, learn nutrition strategies that can increase your comfort level through your treatment, maximize your nutrition status, and help you manage common side effects that affect your ability to eat. Whether you are just starting your treatment or have been battling cancer for a while, you will benefit from this seminar. It's simple to attend, use any electronic device (iPad, tablet, computer or smart phone) and click-in.

Class is online. No Fee.

2nd Monday of month at 4-5:30 pm

Please enroll by calling 858-616-5600



Scan to see dates
and information

**POSITIVE CHOICE
INTEGRATIVE
WELLNESS CENTER**

