

EATING WELL

Through Your 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 treatment, maximize your nutrition status, and help you manage common side effects that effect your ability to eat. Whether you are just starting your treatment or have been battling cancer for a while, you will benefit from this free, one-hour nutrition class. There is no fee for these classes offered monthly at the **Zion Medical Center - 4647 Zion Ave, Basement Class Rooms**

January 8	CR 2	12 PM - 1:30 PM	May 14	CR 4	12 PM - 1:30 PM	Sep. 10	CR 4	12 PM - 1:30 PM
February 12	CR 4	12 PM - 1:30 PM	June 11	CR 4	12 PM - 1:30 PM	Oct. 8	CR 2	12 PM - 1:30 PM
March 12	CR 4	12 PM - 1:30 PM	July 9	CR 3	12 PM - 1:30 PM	Nov. 12	CR 4	12 PM - 1:30 PM
April 9	CR 4	12 PM - 1:30 PM	August 13	CR 2	12 PM - 1:30 PM	Dec. 10	CR 4	12 PM - 1:30 PM

Please schedule your attendance. To enroll speak with one of the oncology receptionists or call 877-236-0333. You may bring a support person and attend more than once.

Department of Hematology/Oncology

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