



HEALTHY HOLIDAY EATING

Staying on track with healthy eating habits during the holiday season can be hard. Please join us to review evidence based healthy eating recommendations and strategies to follow these recommendations while still enjoying holiday celebrations with family and friends.

Tuesday, December 4

5:00-6:00 PM

Life with Cancer, LL, Suite 005

3580 Joseph Siewick Dr.

Fairfax, VA 22033

Tuesday, December 11

5:00-6:00 PM

Life with Cancer Family Center

8411 Pennell Street

Fairfax, VA 22031

Community philanthropy makes it possible

to offer classes at no cost. Registration is required.

To register go to www.lifewithcancer.org or call 703.698.2526