



January Classes at Life with Cancer®

Ask a Dietitian

Life with Cancer Family Center, Tuesday, January 8, 5-6PM

Nutrition can be a complicated science, and confusion surrounding what you choose to eat can become stressful! Come spend an evening with Registered Dietitian, Lauren Fay, 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, Monday, January 14, 5-6:30pm

Did you know the American Institute for Cancer Research Released their latest recommendations for survivorship nutrition this May? This class, taught by Registered Dietitian Lauren Fay, 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, January 25, 12-1pm

Registered Dietitian, Sara Negron will provide an overview of nutritional recommendations for cancer patients and survivors.

Diet and Inflammation

Life with Cancer Family Center, Tuesday, January 29, 5-6PM

Have you heard of an “anti-inflammatory” diet? This class, taught by Registered Dietitian Lauren Fay, will review how diet can impact inflammation in your body, and how this has the ability to impact your disease risk and overall 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