



February Nutrition Classes

Ask a Dietitian

Family Center, Thursday, February 14, 1-2pm

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 evidence based answers and clarify any confusion you may have.

Fighting Cancer with a Fork

Fair Oaks, Tuesday, February 19, 12-1pm

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

Survivorship Nutrition Update and Cooking Demo

Family Center, Thursday, February 21, 5-6:30pm

Did you know the American Institute for Cancer Research Released their latest recommendations for survivorship nutrition? 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!

Diet & Inflammation

Family Center, Wednesday, February 27, 5-6pm

Food and Fitness: How to Achieve Your Best Self

Alexandria, Tuesday, February 12, 19 and 26

This three-week series will introduce you to healthy concepts of survivorship nutrition, with a trip to a local grocery store to learn how to fully understand food labels, and will incorporate how exercise is important for the brain and body. Led by our Oncology Dietitians and Oncology Exercise Therapist.



Registration is required
for all classes.

To register, go to
lifewithcancer.org or call
703.698.2526



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