

# FOOD + FITNESS

FOR CANCER PATIENTS, SURVIVORS AND THEIR LOVED ONES



3 TUESDAYS, February 12, 19 and 26

11:00 AM - 12:30 PM

Inova Alexandria Hospital

Life with Cancer Office, Suite 1.NE5.4

4320 Seminary Road, Alexandria, VA 22304

This 3-week series will introduce you to healthy concepts of survivorship nutrition, how exercise is important for the body and brain, and will end with a trip to a local grocery store to learn how to fully understand food labels. Facilitated by our Oncology Dietitian and Oncology Exercise Therapist.

Community support makes it possible for Life with Cancer to offer classes and groups free of charges to individuals impacted by cancer.

Advance registration is required at

[www.lifewithcancer.org](http://www.lifewithcancer.org) or call 703.698. 2526