

Nutrition and Cancer

A Free Educational Seminar

In this seminar you will learn about nutrition basics for cancer treatment. You will also learn more specifics about how nutrition may prevent cancer/cancer recurrence.

2020 Nutrition and Cancer Series

January 8: Eating for Energy During Cancer Treatment

February 12: Cancer-Fighting Foods

March 11: Debunking Cancer Myths

April 8: Is Organic Healthier?

May 13: Physical Activity for People with Cancer

June 10: Inflammation and Cancer

July 8: How Effective are Complementary and Alternative Medicine Treatments for Cancer?

August 12: Plant-Based Nutrition for Cancer Prevention

September 9: Eating the Rainbow for Cancer Prevention

October 14: Breast Cancer Nutrition

November 11: Cancer-Fighting Holiday Recipes

December 9: Mindful Eating

Time: 2–3 pm

Location:

Resource Center

Stanford Health Care – ValleyCare
5725 W. Las Positas Blvd., Suite 270
Pleasanton

For more information, please email
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No need to register, open to the public.

Funding provided by Safeway Foundation



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