



2024

# The Power of Healthy Eating



Join our nutrition classes to support you before, during and after treatment. City of Hope® registered dietitians specialized in cancer nutrition will present a range of topics to help you optimize your nutrition and overall health. We are here to answer your most pressing questions about nutrition and cancer.

## LOCATION

All nutrition classes are held in person at the Sheri & Les Biller Patient and Family Resource Center in Duarte, California.

DATES	TIME	TOPICS
April 25	2 to 3 p.m.	Eat Well & Thrive: Nutrition and Breast Cancer Survivorship
June 6	2 to 3 p.m.	Nutritional Management During Chemotherapy and Radiation Treatment
August 1	2 to 3 p.m.	Consejos de Alimentación Durante Tratamiento Del Cáncer (In Spanish)
October 10	2 to 3 p.m.	Super Foods
November 7	2 to 3 p.m.	Healthy Cooking and Eating During the Holidays

## HOW TO R.S.V.P.

This class is for patients, their families and the community. Register at [CityofHope.org/PatientPrograms](https://CityofHope.org/PatientPrograms) or scan the QR code on your mobile device to register.

For more information, email [patienteducation@coh.org](mailto:patienteducation@coh.org) or call 626-218-CARE (2273).

*Sponsored by the Department of Supportive Care Medicine and Clinical Nutrition Services*

