

2022 EATING WELL

Through Your Cancer Treatment



One of the best strategies for recovery from cancer is to make sure you are eating enough and eating an abundance of high-density nutritious foods. In this seminar, learn nutrition strategies that can increase your comfort level through treatment, maximize your nutrition status, and help you manage common side effects that affect your ability to eat. Whether you are just starting your treatment or have been battling cancer for a while, you will benefit from this free one-hour virtual nutrition class. There is no fee. **Online through Kaiser Permanente's TEAMS application.**

March 16	Online	1:30 – 2:30 PM	August 17	Online	1:30 – 2:30 PM
April 20	Online	1:30 – 2:30 PM	September 21	Online	1:30 – 2:30 PM
May 18	Online	1:30 – 2:30 PM	October 19	Online	1:30 – 2:30 PM
June 15	Online	1:30 – 2:30 PM	November 16	Online	1:30 – 2:30 PM
July 20	Online	1:30 - 2:30pm	December 21	Online	1:30 – 2:30 PM

Please schedule your attendance. To enroll please speak with one of the oncology receptionists or call **877-236-0333**. You may participate with a support person and attend more than once. Once you have enrolled you will receive an email with instructions on how to join.

Department of Hematology/Oncology