



# Nutrition for Cancer Survivors

*Take Control - Healthy Eating for Weight Loss, Energy and Life*

Your food choices may reduce your risk of cancer recurrence.

In this three week class you will learn:

- Which foods support healthy weight, stable blood sugar levels, and optimal energy.
- Which foods reduce inflammation and oxidative stress, two major risk factors that may affect your risk of cancer recurrence.
- How to stock a healthy pantry.
- Tips and recipes for preparing foods that support optimal health and vitality.
- Exercise guidelines for weight loss and risk reduction.
- Lifestyle practices that contribute to lifelong vitality.

Monday evenings: August 14, 21, and 28, 2017

5:30 - 7:30 p.m.

Santa Rosa Memorial Hospital

Conference Room B (in cafeteria area)

Free, donations appreciated.

(Checks can be made out to Santa Rosa Memorial Hospital Foundation)

Registration required, seating is limited.

Please contact Marsha Sendar at [marsha@marshasendar.com](mailto:marsha@marshasendar.com)

Marsha Sendar, MSHS, NC, MSPT is a nutrition consultant, a health educator, and a physical therapist who is passionately committed to supporting people in their quest for optimal health. Marsha brings her love of delicious, health-promoting foods and her extensive experience and education in movement and exercise to her work. She is a faculty member at Hawthorn University, a school offering graduate degrees in nutrition. Marsha maintains a private practice in Santa Rosa, where she offers nutrition consultation, healthy exercise and stress management instruction. For more information visit [www.marshasendar.com](http://www.marshasendar.com).