



# Cancer Care: Nutrition

Online classes taught by Registered Dietitians

## Nutrition for Cancer-Related Side Effects

In this class, you will learn ways to help manage nutrition *during treatment*.

Topics discussed include cancer effects on nutrition needs, tips to combat treatment side effects, maintaining weight, supplement use, and more.

1<sup>st</sup> Wednesday of the month, 3-5pm  
3<sup>rd</sup> Wednesday of the month, 10-11:30am

For questions and registration, speak with your Oncology provider or call Oakland Health Education at **510-752-6150**.

## Thrive Beyond Cancer: Nutrition

This class is designed for those who have *completed active treatment*.

Topics include AICR 10 Recommendations, sugar, soy, and dairy, antioxidants and phytochemicals, plant-based diet, and more.

1<sup>st</sup> Tuesday of the month  
3:30 – 5pm

For questions and registration, speak with your Oncology provider, call San Francisco Health Education at **415-833-3450**.