



Thrive Beyond Cancer: Nutrition

Have all your nutrition questions answered by a Registered Dietitian.

Topics for this class include:

- AICR 10 Recommendations
- Sugar? Soy? Dairy? Organic?
- What About Antioxidants, Phytochemicals
- Plant-Based Diet
- New American Plate

Please call 415-833-6352 for registration.

This class is designed for patients who have completed active treatment.

Location:

2238 Geary Blvd. 8th Floor **Due to COVID-19, classes will be held **virtually** until further notice.**

1st Tuesdays of every month

4:00 – 5:00p.m.