

**JOIN US!**  
Support and  
Education for  
Anyone Touched  
by Cancer



# Cancer Diets: Facts or Fads

## *A Nutritional Workshop*

Join us for this informative class with oncology dietitian Colleen Gill, MS, RD, CSO. Friends and family members can offer conflicting advice about diet and lifestyle changes, adding to your stress. We'll review the research around popular cancer diets, evaluating whether their recommendations are overstated or valid, and limiting your stress by helping you maximize the return you get on any changes you decide to make.

**Thursday, September 15<sup>th</sup> | 2:00 – 3:30pm**

*To register, please scan the QR code. For questions, Kristie Walker, LCSW at (303) 643-6537.*



All groups are offered virtually through Zoom. Visit our website for a full listing.



SCAN ME