

JOIN US!
Support and
Education for
Anyone Touched
by Cancer



Staying Nourished During Cancer Treatment

A Nutritional Workshop

Join us for this informative class with oncology dietitian and nutrition therapist Amber Thomas, MS, RD, CSO. During this 90-minute class, Amber will discuss the most common side effects that affect your ability to eat, drink, and stay nourished during cancer treatment. Topics will include the nutrition management of nausea and vomiting, bowel changes, taste changes, mouth and/or throat sores, and loss of appetite. You will receive practical tips, handouts, and recipes in addition to recommendations for cookbooks and other resources as part of this class.

Wednesday, August 17th | 1:30 – 3:00pm

To register, please scan the QR code. For questions, please contact Aubrey Melendes, LSW at (719) 667-6953.



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



 SCAN ME