

Eat to Thrive: A Guide for Survivorship

Come join Bernadette Festa, MS, RD and Tinrin Chew, RD, Certified Specialists in Oncology, for a 4-week program designed for healthy diet after treatment or for patients on long-term maintenance treatment.



Components of the program include:

- ▶ **New research**
- ▶ **Meal planning, food tasting, recipe sharing**
- ▶ **Weight guidance, role of exercise**
- ▶ **Label-reading and virtual supermarket tour**



When:
October 1, 8, 15, 22, 2008

Time:
5:00 – 6:30 p.m

Space limited.
Pre-registration required.

Please call **(510) 204-5916**.