



Real Life Nutrition

Find nutrition in **YOUR** kitchen

**Mondays, April 22& May 6, 2019
6:30 – 8:00 PM**

Using some meal plans and tips from “The Cancer-Fighting Kitchen” Stephanie Figeira will discuss ways to make nutritious choices accessible to everyone.

Whether you have 3 hours or 20 minutes, you can enjoy healthy and nutritious food.

Please plan to attend both classes. A copy of “The Cancer-Fighting Kitchen” will be provided to attendees, and we will be taste testing recipes.

Registration is required.

Please register by calling Cancer CAREpoint at: 408.402.6611 or email info@cancercarepoint.org.

CancerCAREpoint.org

