

Cancer Prevention Eating for Survival: It Matters

Join us for this special session.

Almost everyone has been touched by cancer or has known someone with cancer. The risk of cancer and cancer recurrence can often be reduced by adopting simple lifestyle habits and behavior changes.

Come and learn more about how you can reduce the risk of cancer for you and your family with some easy-to-follow guidance. The presentation is fun, engaging and informative.

Space is limited. To RSVP call: **509-574-3541**

Tuesday / October 30, 2018
5-6:30 p.m.

Gilbert Cellars,
5 N. Front St., Yakima

You will receive a fun gift as well as handouts, so you can take what you've learned and share it with those you love.

The presentation will be given by Tricia Sinek, RD/CD, Senior Director of the Cancer Service Line at Virginia Mason Memorial. Tricia has been presenting this information to public groups for over 20 years. She will share updated information on the latest science in nutrition and disease, and translate this information in easy to understand tactics.