

NUTRITION AND BREAST CANCER CLASS

Educational opportunities to live a healthful and productive life beyond cancer treatment.



1st and 3rd Tuesdays of every month

10:00am - 12:00pm

Location: Oakland Kaiser, 3701 Broadway, Ground Floor

Radiation Oncology Department, Suite 100

Oakland, CA 94611

Please call ahead to register at (510) 752-4000

Free for Kaiser Members

A Dietitian specializing in oncology nutrition will provide members with ways to reduce the risk of breast cancer, its progression or recurrence.

Topics discussed will include:

- Importance of maintaining a healthy weight
- The benefits of physical activity
- The role of a plant based diet