



# Thrive Beyond Cancer: Nutrition

Have all your nutrition questions answered by a Registered Dietitian.

Topics for this class include:

- AICR 10 Recommendations
- Sugar? Soy? Dairy? Organic?
- What About Antioxidants, Phytochemicals
- Plant-Based Diet
- New American Plate

Please call 415-833-6352 for registration.

This class is designed for patients who have completed active treatment.

Location:

2238 Geary Blvd. 8<sup>th</sup> Floor  
1<sup>st</sup> Tuesdays of every month  
4:00 – 5:00p.m.