



FREE EDUCATIONAL DISCUSSION

The Hearst Cancer Resource Center is pleased to present

Balanced Nutrition and Flavorful Eating *for Cancer Prevention*

It is widely known that environmental factors play a role in cancer development, but emerging research suggests that food choices can profoundly influence our susceptibility to this disease. By focusing on balance, nutrition, and flavor in your dietary pattern, you can optimize your diet to support your body's defenses against cancer.



Angela Fissell, RD
Registered Dietitian

Together we will explore creative ways to make healthy food taste delicious! Participants will see this for themselves with a food demonstration highlighting the use of fats, acids, sweet and salt in preparing meals. Learn how the synergy of nutrients in a balanced diet yields the greatest benefit and results in delicious and satisfying meals.

With Angela Fissell, RD, Registered Dietitian

Thursday, July 11, 2024

5:30 to 6:30 p.m.

Wacker Family Auditorium

(Copeland Health Education Pavilion at French Hospital/Third Floor)

1911 Johnson Avenue, San Luis Obispo

Space is limited; reservations required. Please call Hearst Cancer Resource Center at 805.542.6234 or email us at HCRC@dignityhealth.org

*Join us for a
food demonstration and
tasty samples!*

This program is made possible through the support of the Martin Hulburd Family Cancer Education Fund and offered free, as a community service.



Dignity Health[™]
French Hospital Medical Center

Hearst Cancer Resource Center



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