



Nutrition for Reducing Cancer Risk



A Free Virtual Series

Presented by **Cancer Support Community Atlanta**
and **Northside Hospital Cancer Institute**



Presented by:
Savannah Duffy,
MS, RDN, LD

Learn about how you can reduce your cancer risk or risk of recurrence through nutrition. This virtual four-week course is led by a Registered Dietitian Nutritionist who will cover diet and lifestyle recommendations, provide weekly challenges to help implement change and a chance to have your questions answered regarding reducing your cancer risk.

This course is perfect for anyone interested in learning ways to reduce cancer risk or recurrence through diet and lifestyle, including people at high risk of developing cancer, survivors, and caregivers. Topics will include:

February 6: Recommendations for Reducing Cancer Risk

February 13: Embracing a Plant-Based Diet

February 20: Evaluating the Research Regarding Nutrition and Cancer Risk

February 27: Managing Long-Term Side Effects for Cancer Survivors

February 6, 13, 20, & 27, 2024
2:00 p.m.–3:00 p.m.

Register in advance for this program on our website at:

www.cscatlanta.org/calendar

After registering, you will receive a confirmation email containing information about joining the program virtually.



**Registration
Calendar**



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 **CANCER SUPPORT
COMMUNITY
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