



## “Eat to Beat Malignancy” and Cooking Demo

Join us for an evening of learning and eating with NorthShore University HealthSystem LIFE Cancer Survivorship Program experts. LIFE program director Carol Rosenberg, MD, FACP, and registered dietitian Oehme Soule, RDN will present the tasty components that form a healthy diet for cancer survivors. The presentation includes the science behind nutritional guidelines; strategies for weight management and physical activity; and a cooking demonstration/tasting at the Cancer Wellness Center’s NEW kitchen.

### “Eat to Beat Malignancy” and Cooking Demo

Thursday, October 27, 2016

6 – 8 pm

Cancer Wellness Center

215 Revere Drive, Northbrook, IL

Registration required. Call 847.509.9595

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