



A TIME TO HEAL  
CANCER FOUNDATION

CREATE YOUR BEST LIFE EVENT

# NUTRITION 101 FOR CANCER SURVIVORS

SATURDAY, JANUARY 27, 2024  
AT 10:00 AM (CT) VIA ZOOM

A “healthy diet” seems difficult to define! Why are tasty, nutrient-dense recipes so hard to come by? How do we know if we can trust a source of nutrition information? What dietary supplements are helpful and which ones could actually harm us?

Join us LIVE as Gina Woodruff, RD, LMNT an Oncology Nutritionist with Methodist Etabrook Cancer Center answers those questions and more! Watch Gina give a demo of a delicious recipe, get a list of credible sources for nutrition information and discuss the latest research on the role of supplements in our diets!

[www.atimetohealfoundation.org](http://www.atimetohealfoundation.org)

