



A TIME TO HEAL
CANCER FOUNDATION

CREATE YOUR BEST LIFE EVENT

NUTRITION TOOLS TO THRIVE

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, CSO, a Board Certified Oncology Dietitian with Methodist Estabrook 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

