

# Navigating Nutrition! towards cancer-free living



- ✓ Reduce your risk for cancer and/or recurrence!
- ✓ Take control of your nutrition and activity habits!
  - ✓ Improve your health! Don't Delay!!

- Class 1: Achieve and maintain a healthy weight
- Class 2: Plant-foods aplenty!
- Class 3: Don't be a fat-head! Better protein and fat choices
- Class 4: Avoid portion distortion and read labels
- Class 5: Grocery shop tour
- Class 6: Put it all together! Cooking demonstration and fun

What: Complimentary, interactive six-week course

When: To Be Announced

Where: Moncrief Cancer Institute  
1701 River Run, Suite 503, Fort Worth, TX 76107  
(River Plaza building off S. University Drive behind Silver Fox Steakhouse)

To register, either:

- ☎ Call at 817-838-4860
- ☎ Fax completed form to 817-870-8889
- ☎ Go to [www.moncrief.com](http://www.moncrief.com)
- ☎ Mail completed slip below

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Please detach and mail to: Moncrief Cancer Institute,  
Attn: Stacy Shappley, RD/LD, 1701 River Run, Suite 500, Fort Worth, TX 76107

Name: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

History of Cancer? Yes No Type \_\_\_\_\_

How did you hear about us? \_\_\_\_\_