

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: Healthy weight no how and plant-foods aplenty!
- Class 2: Don't be a fat-head! Better protein and fat choices
- Class 3: Avoid portion distortion and read labels
- Class 4: Grocery shop tour
- Class 5: Put it all together! Cooking demonstration and fun

What: Complimentary, interactive five-week nutrition course

When: Tuesdays, October 27 - November 24, 5:30 p.m. - 6:30 p.m.

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

To register, either:

- ☎ Call 817-838-4860
- ☎ Fax completed form to 817-870-8889
 - ☎ Go to www.moncrief.com
 - ☎ Mail completed slip below

MONCRIEF CANCER RESOURCES



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Please detach and mail to: Moncrief Cancer Resources,
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: _____