



## **Nutrition Matters!**

**HOPE Cancer Help Centre is hosting a series of workshops addressing the nutritional needs of people receiving cancer treatment.**

**Proper nutrition can:**

- **Ease the side effects of cancer treatment**
- **Support the body's ability to heal after treatment**
- **Produce a lower risk of relapse**

**Come and have the opportunity to speak to a registered dietitian about your nutritional needs!**

**Learn:**

- **What foods to prepare to prevent weight loss**
- **How to tailor eating for your particular type of cancer**
- **What foods will lessen some of the side effects of treatment**
- **And much more...**

**Workshops to take place on Saturday April 26<sup>th</sup>:**

- **Breast Cancer - 10am**
- **Gynecological Cancers - 1pm**
- **Prostate Cancer - 3pm**

**At the Community Service Village - 506 25<sup>th</sup> Street East (Room # TBA)**

**Free of Charge!**

**Call now to register (space is limited): 955-4673**

