



Nutrition in Survivorship: Seasonal Foods for Spring

Join us for a fun afternoon of cooking and discussion about foods to support your health in survivorship. Our dietitians, Marci Reed and Alexa Billy, will show you how to prepare seasonal recipes and explain the health benefits of the ingredients used. Marci and Alexa will be available to answer your questions while you get to sample the food prepared. This talk is focused on cancer patients that have completed their first course of treatment and is open to anyone with a cancer diagnosis. Loved ones welcome.

Date: Thursday, May 15th

Time: 12 - 1:30 p.m.

Location: Mount Hood Medical Center
Cancer Healing Center
Building 1, Suite 211

Hybrid/Virtual option available

Register: www.legacyhealth.org/cancerclasses



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Questions?

Contact Blair Allen at:

CancerClasses@lhs.org or 503-413-7284