



*Free Programs for People with Cancer
and their Loved Ones*

**At the Suzanne Morgan Center in
Philadelphia**

**March 12, 26 and April 9, 23
6:30 - 8:30 PM**

FOOD FOR LIFE

- a program of the Cancer Project

This is a 4 part series that will combine nutrition education with cooking demonstrations. The instructor will be **Kate Myerson**, Registered Dietician. *Enrollment is limited. Attendance at all classes is encouraged.* Nutrition resources will be available and participants will have an opportunity to eat the foods that are prepared at each session.

REGISTER at 215-879-7733 or www.twcp.org by March 9.

March 12 An Introduction to How Foods Fight Cancer

March 26 Fueling up on Low-fat High Fiber Foods

April 9 Discovering Dairy and Meat Alternatives

April 23 Cancer Fighting Compounds and Healthy Weight Control

“The Cancer Project has two main goals: First, we aim to make cancer prevention a top priority. Just as important, we want to improve survival after cancer has been diagnosed by providing comprehensive information about the role of dietary factors in keeping people healthy.”

<http://www.cancerproject.org/index.php>

The Wellness Community of Philadelphia
The Suzanne Morgan Center at Ridgeland
Chamounix Drive, West Fairmount Park
Philadelphia, PA 19131

215-879-7733 • www.twcp.org

Lansdale Satellite: The Anne McCouch Center
1000 West Main Street, Lansdale, PA 19446
215-393-9105

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*The mission of  
The Wellness Community is to  
help people affected by cancer  
enhance health and well-being  
through a professional program  
of emotional support, education,  
and hope.*

*All programs and services are  
provided free of charge.*

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