



Managing Weight after Cancer Treatment

Healthy Lifestyle Programs in 2012 for Cancer Survivors!

TIPS for A Successful Weight Loss Plan after Cancer!


Tuesday, January 24 - 3:30 – 5:00 PM

Katrina Claghorn, MS, RD, LDN, CSO, Advanced Practice Clinical Dietitian Specialist at Abramson Cancer Center will review the benefits of weight loss for cancer survivors and offer tips for success including: calculating calories/fat grams and keeping a food diary. **Please RSVP by January 20.**

Increasing Activity and Maintaining Fitness for Weight Management

Monday, January 30 - 3:00 - 4:30 PM

Justin C. Brown, Pre- Doctoral Fellow, The Penn TREC Survivor Center, Center for Clinical Epidemiology & Biostatistics, will talk about the vital role of fitness in reducing weight and cancer risk, and he will discuss considerations in beginning an exercise program after treatment, and the role of physical therapy. **Please RSVP by January 25.**



215-879-7733

www.cancersupport-phila.org



**CANCER SUPPORT
COMMUNITY.**
PHILADELPHIA
Formerly The Wellness Community of Philadelphia

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