

Group Nutrition Classes

Nutrition and Breast Cancer Education Session

You are invited to attend a group education session on nutrition and breast cancer at the Vancouver Cancer Centre and Vancouver Island Cancer Centre (Victoria).

Sessions are 90 minutes in length and are offered once a month by a Registered Dietitian.

Topics include:

- The effect of diet, body weight and exercise on breast cancer recurrence
- Coping with menopause
- Use and safety of common Natural Health Products
- Optimizing bone health and reducing the risk of osteoporosis
- Achieving an optimal body image and weight
- Current hot topics, such as phytoestrogens and breast cancer

There will also be an opportunity to ask questions.

For registration and information on the next session dates, please contact the *Vancouver Cancer Centre*
604-877-6000 ext 2013 ; Toll-free in BC 1-800-663-3333 ext 2013

or

Vancouver Island Cancer Centre:

Nutrition for Patients with Prostate Cancer

You are invited to attend an education session diet and prostate cancer during cancer treatment at the Vancouver Island Cancer Centre.

Sessions are 60 minutes in length and offered once a week by a Registered Dietitian.

Topics include:

- Maintaining a healthy diet during cancer treatment
- Minimizing cancer related side effects such as diarrhea and poor appetite
- Optimizing bone health and reducing risk of osteoporosis

There is an opportunity to ask questions as well.

For registration and information on the next session dates, please contact the *Vancouver Island Cancer Centre*

