

Real Life Real Food for Cancer Survivors: Dietary Supplements

Selecting a supplement can be a confusing and frustrating process. It can be difficult to pick a supplement when you are faced with thousands to choose from and little understanding about how to select a quality product. Therefore, this class will provide you with general guidelines about where to purchase supplements, and how to know if you are selecting a quality supplement.



Sarah Washburn, MS, RD, CSO is a specialist in oncology nutrition at the Seattle Cancer Care Alliance and will be leading this class.

When: Monday, October 12th, 4:00-5:00 pm

Where: Seattle Cancer Care Alliance, Room 1008 (first floor)

How: Contact Guest Services at 206.288.6701 to RSVP

The Seattle Cancer Care Alliance Nutrition Department and the Fred Hutchinson Cancer Research Center Survivorship Program is offering a series of group nutrition classes. These classes will be held once a month for people who are currently undergoing treatment for cancer as well as those who have completed treatment.