

Real Life Real Food for Cancer Survivors

The SCCA Nutrition Department and the Hutchinson Center Survivorship Program will be offering group nutrition classes held once a month for one hour for people who are currently undergoing treatment for cancer as well as those who have completed treatment. Through these group classes, participants will:

- Have both general and specific nutrition questions answered
- Gain additional information regarding nutrition specific to survivorship
- Learn how to incorporate healthy food choices into their everyday life

The first class will focus on **vitamin D**. We will cover the important properties of vitamin D, how to determine your vitamin D levels and increase them through diet and sun exposure.

The first class is on Monday, July 27th at the SCCA from 12-1pm.

For more details and to register: 206.667.1960 or csouthwo@fhcrc.org

Sarah Washburn, MS, RD, CD, a registered dietitian at the SCCA will be leading this group.

