

# CANCER NUTRITION 101

**SATURDAY, AUGUST 27<sup>TH</sup>**  
**10:00 – 11:15 AM**

- 10:15AM NUTRITION PRESENTATION
- 10:45AM OPEN Q&A
- 11:00AM SAMPLE TASTING

Learn about the benefits of a plant-based diet and basic tips and tricks for improving your eating habits. This program is presented by Angela Dennison, RD, LDN, Oncology Dietitian, Wellness House. Participants will be entered into a raffle to receive giveaway items like a cookbook, cooking tools, and Wellness House products.

## COOKING GIVEAWAYS

**FAMILIES WELCOME**

FOR QUESTIONS, CONTACT IKEA JOHNSON AT 630.654.5356 OR [IJOHNSON@WELLNESSHOUSE.ORG](mailto:IJOHNSON@WELLNESSHOUSE.ORG).

THIS PROGRAM IS **FREE** TO ATTEND AND GEARED TOWARDS THOSE AFFECTED BY CANCER.

THIS PROGRAM IS LOCATED AT ACCESS CENTER FOR DISCOVERY AND LEARNING AT 5139 S ASHLAND AVE, CHICAGO, IL 60609

