Cancer-resilient Cooking & Lifestyle
November 16, 11 a.m.-1 p.m.
John Sacco, MD

Optimize your diet to work for you!
Course participants will learn:

- The effect of diet and lifestyle on cancer progression
- How to design an appropriate diet for cancer treatment, survivorship or risk reduction
- How our body’s ability to fight disease and inflammation can be enhanced by the meals we prepare

REGISTER ONLINE
www.turnerfarm.org/events

$60 with
Farm-fresh lunch included

UC Center for Integrative Health and Wellness
Community Programs at the Turner Farm Teaching Kitchen