

JOIN US!
Support and
Education for
Anyone Touched
by Cancer



Fighting Fatigue with a Fork, a Glass, and Exercise

A Nutritional Workshop

Join us for this informative class with oncology dietitian Colleen Gill, MS, RD, CSO. Fatigue affects >70% of cancer patients during active treatment, with some continuing to struggle for several years afterwards. We'll review why this happens, and how you can improve fatigue with simple changes in routines around sleep, hydration, exercise, and supplements. Learn easy strategies to keep blood sugars stable throughout the day and improve your energy levels.

Thursday, July 28th | 11:30 am–1:00pm

To register, please scan the QR code. For questions, please contact Ami Gorsky, LCSW, OSW-C at (719) 296-6037.



All groups are offered virtually through Zoom. Visit our website for a full listing.



 SCAN ME