

**JOIN US!**

Support and  
Education for  
Anyone Touched  
by Cancer



# How to Use Unique Flavors to Combat Taste Changes

## *A Nutritional Workshop*

Join us for this informative class with oncology dietitian and nutrition therapist Amber Thomas, MS, RD, CSO. During this 75-minute class, we will explore the common types of taste changes brought on by cancer treatment. Amber will explain how to incorporate key ingredients into meals and snacks that can cut through or enhance the flavor of foods. Class participants will receive practical tips, handouts, and recipes to try at home.

**Friday, January 28<sup>th</sup> | 1:00 – 2:15pm**

*To register, please scan the QR code. For questions, please contact Melody Montrie, LCSW at (303) 370-7954.*



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



 **SCAN ME**