

**JOIN US!**  
Support and  
Education for  
Anyone Touched  
by Cancer



# Mindful Nutrition After Cancer

## *A Nutritional Workshop*

Join us for this informative class with oncology dietitian and nutrition therapist Amber Thomas, MS, RD, CSO. Do you feel overwhelmed by all of the nutrition and eating recommendations after your cancer diagnosis? Does it feel like you're bouncing around from one recommendation to another, then getting more frustrated and confused with how to eat? If so, we invite you to join us for this 75-minute class as we discuss the research behind cancer nutrition recommendations, how those recommendations impact your cancer journey, and how a mindful approach and using the principles of Intuitive Eating can empower you to eat in a way that nourishes both your body and soul.

**Thursday, March 16<sup>th</sup> | 2:00 – 3:15pm**

*To register, please scan the QR code. For questions, please contact Jacqueline Georgiana, LCSW at (303) 430-2746.*



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

