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Support and  
Education for  
Anyone Touched  
by Cancer



# What is a Healthy Weight?

## *A Nutritional Workshop*

Join us for this informative class with oncology dietitian and nutrition therapist Amber Thomas, MS, RD, CSO. Many people are told to lose weight by their doctors, but how much weight do they mean and why? In this 90-minute class, we will discuss the importance of a healthy lifestyle vs. weight loss, what it means to be weight neutral, what a healthy weight could be for you, and how nutrition plays a role in weight. The content will include information on the Health at Every Size Movement and Intuitive Eating.

**Friday, May 6<sup>th</sup> | 2:00 – 3:30pm**

*To register, please scan the QR code. For questions, please contact Leslie Kantor-Reid, LCSW, OSW-C at (303) 418-7683.*



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



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