



Busting Myths About Breast Cancer and Nutrition

A special workshop for breast cancer awareness month

Date: Wednesday, October 8

Time: 12 - 1 p.m.

Location: Virtual via Zoom



There are many myths about what type of foods can be helpful or harmful when it comes to breast cancer. Which foods help lower the risk of breast cancer? What should people with breast cancer eat more or less of? It can be overwhelming to know what information is correct. This virtual workshop aims to make sense of what the science says about blueberries, soy, red meat, alcohol, and sugar. Marci Reed and Maran Scott, Legacy Health Oncology-Certified Dietitians, will talk about healthy eating for breast cancer and help you debunk some common myths. Friends and loved ones are also welcome.

**Questions? Contact Blair Allen at ballen@lhs.org
or call 503-413-7284**



Register by scanning the QR code
or visit:

www.legacyhealth.org/CancerClasses