



Cancer Superfoods

Come learn about the cancer fighting powers and health benefits of different food groups during this 60-minute class. Our Oncology Certified Dietician, Maran Scott will explain which foods help the body fight inflammation and cancer, give you useful tips and recipes to inspire you to enjoy these superfoods every day, as well as answer your questions. We welcome those with a cancer diagnosis and their loved ones. Pre-registration is required.

Wednesday, November 19th
12 - 1 p.m. *Virtual*

Facilitated by: Maran Scott, Oncology-Certified Dietitian

Register: www.legacyhealth.org/cancerclasses



**LEGACY CANCER
INSTITUTE**

Questions?

Contact Blair Allen at:

CancerClasses@lhs.org or 503-413-7284