

Busting Myths About Breast Cancer and Nutrition

Join Legacy Health Oncology-Certified Dietitians as they talk about healthy eating for breast cancer and help you debunk some common myths.

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.



When: Wednesday, October 7, 2026

Time: 12 - 1 p.m.

Where: Virtual

Registration: Free Event, Pre-Registration required. Scan the QR code or visit www.legacyhealth.org/cancerclasses



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