

FOOD | FITNESS | FUN

HEAL: Healthy Eating and Activity for Living



Offered at two locations

It's no secret that **proper nutrition** and **daily movement** are two key contributors for maintaining and improving both mental and physical health. This is true for everyone—including those who have cancer and are undergoing treatment. Because nutrition and exercise go hand in hand with preventing and fighting cancer as well as leading an overall healthy life, Mission Hope is pleased to offer this class for current patients and survivors alike that features interesting topics on food and fitness. Join us to enjoy free refreshments, delicious recipes, exercise tips and accessories and more!

Mission Hope Cancer Center, Santa Maria

First Thursday of the month • 2:00 p.m.

March 5. Eating and Exercise for a Strong Pelvic Floor
April 2. Spring Into Action with Healthy Eating and Exercise Tips

1325 East Church Street, Santa Maria
To make a reservation, please call 805.219.HOPE (4673)

Mission Hope Cancer Center, Arroyo Grande

Fourth Wednesday of the month • 3:00 p.m.

March 25. Eating and Exercise for a Strong Pelvic Floor
April 22. Spring Into Action with Healthy Eating and Exercise Tips

850 Fair Oaks Avenue, Third Floor Conference Room, Arroyo Grande
To make a reservation, please call 805.474.5300




Colleen Seung, RDN
REGISTERED DIETITIAN NUTRITIONIST

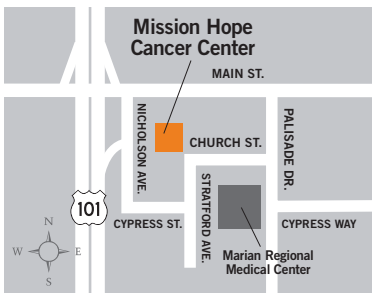


John Malinowski, ATC, CET
CANCER REHABILITATION PROGRAM

Current patients, survivors and caregivers all welcome!

 Like us on Facebook:
Mission Hope Cancer Center

SANTA MARIA



ARROYO GRANDE



www.missionhopecancercenter.com

