

FOOD | FITNESS | FUN

# HEAL: Healthy Eating and Activity for Living



Colleen Seung, RDN  
REGISTERED DIETITIAN NUTRITIONIST



John Malinowski, ATC, CET  
CANCER REHABILITATION PROGRAM

*Mission Hope support groups continue to inspire and educate via Zoom*



**Second Tuesday of each month**  
**2:00 to 3:00 p.m.**

Led by Colleen Seung, Registered Dietitian Nutritionist, and  
John Malinowski, Cancer Exercise Trainer

For more information and/or to register, please call Mission Hope at  
**805.219.HOPE (4673)**

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 bring back this monthly class via Zoom for patients and survivors alike that features interesting topics on food and fitness designed to educate and motivate. Join us to personally benefit from timely nutrition advice and practical exercise tips!

**Current patients, survivors  
and caregivers all welcome!**

**You're invited to join us for  
these upcoming topics:**

JANUARY

**The Power of Protein**

Guest speaker Dhagash Joshi, MD

FEBRUARY

**Myths and Facts about Diet and  
Exercise during Cancer Treatment**

MARCH

**Spring into Action to Prevent  
Colorectal Cancer**

APRIL

**Nutrition and Exercise Strategies  
for Head and Neck Cancer**



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