

FOOD | FITNESS | FUN

HEAL: Healthy Eating and Activity for Living

*Held onsite
in Santa Maria*

Current patients, survivors and caregivers all welcome:

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

Led by **Melanie Logue, Registered Dietitian Nutritionist**, and
John Malinowski, Cancer Exercise Trainer

Mission Hope Cancer Center, Conference Room

1325 East Church Street, Santa Maria

The class seating is limited; please register 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 offer this monthly class 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!



1325 East Church Street, Santa Maria, California | 805.219.HOPE (4673)



Melanie Logue, RDN
REGISTERED DIETITIAN NUTRITIONIST



John Malinowski, ATC, CET
CANCER REHABILITATION
PROGRAM

UPCOMING TOPICS:

NOVEMBER 9

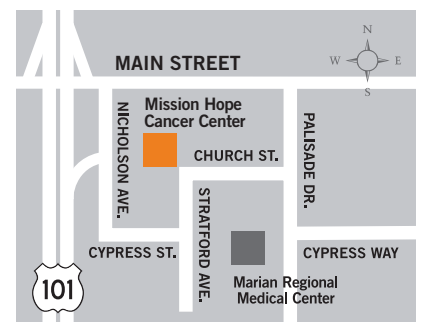
**Healthy Holiday Choices for
Nutrition and Exercise**

DECEMBER 14

**Reducing Holiday Stress with
Nutrition and Exercise**



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