

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 Kylie Conner, Registered Dietitian, 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 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)



Kylie Conner, RDN  
REGISTERED DIETITIAN



John Malinowski, ATC, CET  
CANCER REHABILITATION  
PROGRAM

## UPCOMING TOPICS:

MAY 10

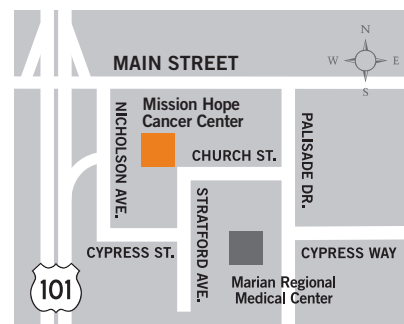
**Fighting Oxidative Stress with  
Nutrients and Exercise**

JUNE 14

**Mix Up your Routine through  
Nutrition and Exercise**



Like us on Facebook:  
**Mission Hope Cancer Center**



Keep up with all our classes and  
programs at our website:

**[www.missionhopecancercenter.com](http://www.missionhopecancercenter.com)**