

FOOD | FITNESS | FUN

First Steps: in Nutrition and Physical Activity



*Held onsite
in Santa Maria*

Current patients, survivors and caregivers all welcome:

Selected Tuesday afternoons 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 can play such a large role in successful cancer treatment, Mission Hope is pleased to offer this class for patients who may feel overwhelmed as they begin their cancer fighting journey. If you are looking for tools to support your health throughout your treatment, please 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, ACSM-CET
CANCER REHABILITATION
PROGRAM

UPCOMING TOPICS:

SEPTEMBER 20

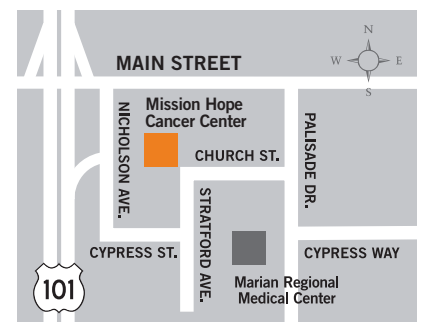
**The Impact of Obesity and
Physical Activity on Cancer
Recurrence**

OCTOBER 11

**Dispelling Nutrition and
Exercise Myths**



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