

FOOD | FITNESS | FUN

First Steps: in Nutrition and Physical Activity



*New: Classes include
making and eating
delicious snacks!*

Current patients, survivors and caregivers all welcome:

Second Tuesday of the 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 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 AND SNACKS:

JANUARY 10

**Starting the New Year Off
Right with Nutrition and
Exercise**

*Snack: Smoothie making ideas
and samples*

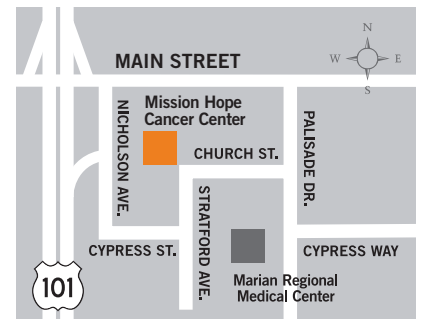
FEBRUARY 14

**Help Prevent Cancer through
Nutrition and Exercise**

Snack: Chocolate dipped treats



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programs at our website:

www.missionhopecancercenter.com