

FOOD | FITNESS | FUN

# First Steps: in Nutrition and Physical Activity



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



Kylie Conner, RDN  
REGISTERED DIETITIAN



John Malinowski, ACSM-CET  
CANCER REHABILITATION  
PROGRAM

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)

### UPCOMING TOPICS AND SNACKS:

JANUARY 10

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

*Snack: Smoothie making ideas  
and samples*

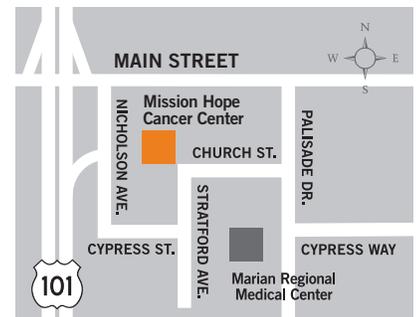
FEBRUARY 14

**Help Prevent Cancer through  
Nutrition and Exercise**

*Snack: Chocolate dipped treats*



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programs at our website:

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