

FOOD | FITNESS | FUN



John Malinowski, ACSM-CET
CANCER REHABILITATION
PROGRAM

First Steps: in Nutrition and Physical Activity

CURRENT PATIENTS, SURVIVORS AND CAREGIVERS ALL WELCOME

Led by John Malinowski, Cancer Exercise Trainer

Tuesday, November 14 • 2:00 to 3:00 p.m.

Helpful Holiday Hints with Nutrition and Physical Activity

Let's discuss some things we can do to help this holiday season be fun and festive while also being healthy. This includes learning how to plan ahead to maintain steady blood sugar levels, to choose wisely among the various holiday treats, to take the time to survey the food offered before filling your plate and to remember to add movement to your day.

Tuesday, December 12 • 2:00 to 3:00 p.m.

Start the New Year With a Healthy Mindset

The New Year can be viewed as an opportunity to press the reset button. Since lifestyle choices have a direct impact on our health and wellness, now is a good time to implement a few new ones. We will share some creative ideas on how to destress, how to prioritize sleep, and the benefits of setting realistic health goals.

The class seating is limited; please register at 805.219.HOPE (4673)

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 would like timely nutrition advice and practical exercise tips to navigate their cancer fighting journey.

Gift Giveaway!

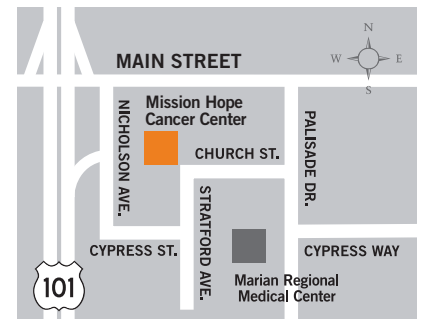
Attendees at either event will receive an exercise band

Mission Hope Cancer Center, Conference Room

1325 East Church Street,
Santa Maria



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Mission Hope Cancer Center



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

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

www.missionhopecancercenter.com