



# Nutrition and Exercise Support

Led by Dietitian Ruth Farrell, MPH, RDN, and John Malinowski, ACSM-CET, Cancer Exercise Trainer

**Tuesday, July 9 • 2:00 to 3:00 p.m.**

## *Building Blocks for Healthy Bones*

Bone health is the foundation for overall health. Learn how you can support your bones through healthy lifestyle choices.

**Tuesday, August 13 • 2:00 to 3:00 p.m.**

## *Beat the Heat*

Feeling dehydrated? We will discuss the ways dehydration can negatively affect the body and practical steps you can take to prevent it.

**Tuesday, September 10 • 2:00 to 3:00 p.m.**

## *Back to Basics: Nutrition and Exercise for Cancer Survivorship*

We uncover the most important habits to implement when it comes to cancer prevention.

**Mission Hope Cancer Center, Conference Room**

1325 East Church Street, Santa Maria

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



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



**Ruth Farrell, MPH, RDN**  
REGISTERED DIETITIAN NUTRITIONIST



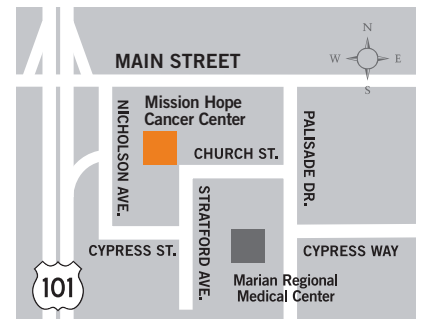
**John Malinowski, ACSM-CET**  
CANCER REHABILITATION PROGRAM

**Current patients, survivors and caregivers all welcome**

Our Registered Dietitian and Fitness Trainer join forces for an exciting class which combines timely nutrition advice and practical exercise tips to help you navigate your cancer fighting goals.



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**Mission Hope Cancer Center**



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

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