



FOOD | FITNESS | FUN



John Malinowski, ACSM-CET
CANCER REHABILITATION PROGRAM

Nutrition and Exercise Support

Led by John Malinowski, ACSM-CET, Cancer Exercise Trainer

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

Kicking Off the New Year with Nutrition and Exercise Goal Setting

Come join us to discuss simple strategies you can employ to help kick start the New Year with a goal-oriented healthy mindset

Tuesday, February 11 • 2:00 to 3:00 p.m.

Cancer Prevention through Nutrition and Exercise

How to take the necessary steps to make lifestyle changes that have life-altering results

Tuesday, March 11 • 2:00 to 3:00 p.m.

How Nutrition and Exercise Fight against Colorectal Cancer

Learn ways you can reduce your risk of colon cancer through regular exercise and eating a balanced diet

Mission Hope Cancer Center, Conference Room

1325 East Church Street, Santa Maria

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

Current patients, survivors and caregivers all welcome

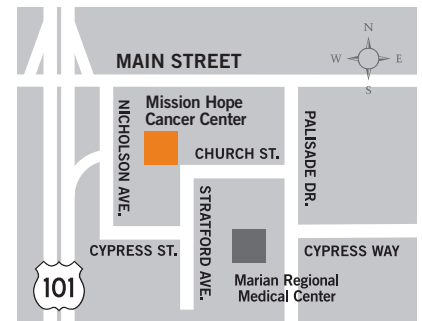
Our Cancer Fitness Trainer shares his expertise in an informative class which combines timely nutrition advice and practical exercise tips to help you navigate your cancer fighting goals.



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Mission Hope Cancer Center



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