

Food —for— Life

**Tuesday, May 1, 2012
2:00 -4:00 pm**

Sample recipes with us!

Space is limited!

**RSVP to:
CSC Health Education
(509)373-3729**

NUTRITION & COOKING CLASS

Introduction to How Foods Fight Cancer

Researchers have been investigating how food choices can help prevent cancer and improve survival. Certain diet patterns seem to have a major effect in helping people diagnosed with cancer to live longer, healthier lives. The National Cancer Institute research shows that as much as 50% of cancer risk may be related to diet. In this class, you will learn about the right food choices that can help reduce the risk of developing cancer as well as overcome the disease after it has been diagnosed.

**Instructor: Nancy Lyons, RN, MN
(509)-375-5335
nancylyons@charter.net**

Class is free & includes samplings of 4 recipes. Text/cookbook is available for \$20.

Location:

WSU—Tri-Cities
CIC Room 120/120A
Richland, WA
[Click here](#) for a map

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Advancing Cancer Prevention and Survival through Nutrition Education and Research