



Food —for— Life

**Tuesday, May 21, 2013
2:00 -4:00 pm**

Sample recipes with us!

Space is limited!

RSVP to:

**HPMC Occupational
Health and Wellness**

(509)373-3729 or ahew@rl.gov

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
nblyons53@gmail.com**

**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

Hosted by:

HPMC OCCUPATIONAL
MEDICAL SERVICES

Occupational Health & Wellness Team