



Juravinski Cancer Centre
A Cancer Care Ontario regional partner

Puzzled About What to Eat?



Let us help you piece it together

**A Healthy Eating Class for people who
have completed cancer treatment.**



Join the Dietitians at JCC to talk about:

- Healthy eating
- Fats in our food
- Nutrition labels
- Reliable nutrition information
- Fibre



To Register:

Please contact

905-387-9711 Ext: 64636

Sessions are approximately 1½ hrs in length.

JCC 2nd Floor Supportive Care

**Program is run by:
Judy Baxter Foreman
Registered Dietitian**