



Live Well. Eat Well.



2019 Classes – Ascension CSM Milwaukee Campus

For cancer survivors, nutrition plays a crucial role in good health both during and after treatment. We want you to eat well so you can feel great and *live well*. Join us for one or more of our Eat Well offerings in 2019.

Presented by Ascension CSM Oncology Dietitian, Sarah Arnold, RD, CD.

All classes are free and open to patients and their family/friends.

For more information on this and other Live Well programs, visit supportcsm.org/livewell

Winter/Spring 2019

| Cancer-Fighting Super Foods | Reading Food Labels & Cooking with Whole Grains and Less Salt | Cooking with Veggies, Veggies and More Veggies! | Summer Salads - Salad –in-a-Jar |
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| Friday, February 22 11:00 – 12:30 | Friday, March 22 10:00 – 11:30 | Wednesday, April 24 3:00 – 4:30 | Wednesday, May 15 11:00 – 12:30 |
| Not all foods are created equal. Learn about the power of phytonutrients and how to incorporate super foods into your diet, and taste some great recipes. | Knowing how to read food labels can help you make better choices at the grocery store, which includes choosing whole grain and low sodium options. This class will teach you what you need to know, and you'll get to try some delicious whole grain and low salt recipes. | Vegetables are the mainstay of a healthy diet but most Americans don't eat enough. Learn how you can incorporate more vegetables into your daily diet with snacks, smoothies, and main dishes. | Spring brings sun, warmth, and fresh fruits and vegetables. Learn some tips for creating delicious and healthy salads with in-season produce and walk away with your own salad-in-a-jar. |

Location and Registration Information

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| <p>All classes held at AscensionColumbia St. Mary's Van Dyke Cancer Center 2350 N. Lake Drive, Milwaukee First floor conference room</p> | <p>All classes are free. Space is limited – registration is required. To register or learn more, call Laura Stratte, Survivorship Navigator 414-298-7247 Sarah Arnold, Registered Dietitian 414-585-1526</p> |
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Stay tuned for details about our Eat Well event during Cancer Survivor Week (June 3-7, 2019) and additional classes in Fall 2019.