



Live Well. Eat Well.



2019 Fall 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, Wendy Balister, 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

Fall 2019	
Fantastic Fall Fare	Healthy Holiday Meals
Friday, October 11, 2019 11:00 – 12:30	Friday, November 15, 2019 11:00 – 12:30
Fall means soups, crockpots, and comfort foods. Learn more about making your fall plate a healthy one and taste some great recipes with in-season foods that will be perfect for the cooler weather. (We may even jump on the bandwagon and through in some pumpkin spice!)	Holidays are all about food. Discover how to maximize nutrition without sacrificing flavor with festive holiday dishes.
Location and Registration Information	
All classes held at Ascension Columbia St. Mary's Van Dyke Cancer Center 2350 N. Lake Drive, Milwaukee First floor conference room Be sure to come with your appetite!	All classes are free. Space is limited – registration is required. To register or learn more, call Laura Stratte, Survivorship Navigator 414-298-7247 Wendy Balister, Registered Dietitian 414-585-1526
Stay tuned for details about our Eat Well classes in 2020!	