

Nutrition for Colorectal Cancer Prevention



Please join MarinHealth Integrative Wellness Center's Registered Dietitian Nutritionists for a complimentary nutrition education sessions to learn the basics of good nutrition for reducing your risk of colorectal cancer.

Join us to:

- Understand colorectal cancer's prevalence and risk factors.
- Understand the link between nutrition and colorectal cancer risk
- Learn how specific nutrients may help protect against colorectal cancer
- Gain knowledge of dietary guidelines for reducing your risk of colorectal cancer
- Identify foods to include in a cancer prevention diet
- Learn practical tips and cooking techniques for meal planning and reducing carcinogens
- Understand the significance of regular screenings and check-ups for early detection

When

Wednesday November 15
12 pm - 1 pm

Join via Zoom

<https://mymarinhealth.zoom.us/j/7503228118>

Meeting ID: 750 322 8118

Passcode: 050710



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