

# Online Workshop

## Nutrition and Immunity

### With Carolyn Katzin, MS, CNS



**Date:** Thursday, Oct 15, 2020  
**Time:** 12:00 PM – 1:30 PM  
**Cost:** Free  
**Registration:** Please RSVP by 10/14 (Wed)  
[programs@cancersupportvvsb.org](mailto:programs@cancersupportvvsb.org),  
or 805.379.4777  
Zoom link will be provided  
upon registration.

Nutrition plays an important role in maintaining health during this unprecedented challenge to immunity. Carolyn will focus on how to affirm the value of nurturing our wellbeing with foods that support our health. Join us to learn simple steps to help improve resilience and improve well-being.

Carolyn Katzin is a Certified Nutrition Specialist with 30 years of experience working with cancer patients and their loved ones to optimize well-being. Carolyn completed a professional certificate in genetics and genomics from Stanford in 2017 including two oncology related courses. She studied nutrition at University of London's King's College and completed her graduate studies at UCLA's Fielding School of Public Health in nutritional science.