



*Community is Stronger than Cancer®*

## Nutrition Workshop & Cooking Demonstration

# Herbs & Spices: Cancer Fighters in Your Kitchen

with Susan Speer, MS, RD, CSO, CDE, FAND



**Date:** Monday, July 26, 2021

**Time:** 12:00 pm – 1:00 pm

**Location:** Online (Zoom)

**Cost:** Free

**RSVP:** Please RSVP by 7/23 (Fri)  
programs@cancersupportvvsb.org  
805.379.4777

Herbs and spices can do more than just flavor your food. Favorites in your spice cabinet may calm inflammation, boost your immune system, and rev up your detox systems—all actions may help fend off cancer. Come and find out special tips and yummy recipes for making the most of the cancer fighters right in your own kitchen.

Susan Speer is the certified Oncology Nutrition Specialist at the St. John' Regional Cancer Center in Oxnard. She has been developing and teaching programs in health promotion and disease management for more than 35 years. In the past, Susan taught biochemistry and nutrition at Pepperdine University and Moorpark Community College and she was on faculty at the Santa Monica-UCLA Family Medicine Residency for nearly 20 years.