

VIRTUAL WORKSHOP

The F-word and How it Promotes Thrivership

With Rachel Beller, MS, RDN



Date: Friday, November 5, 2021

Time: 12:00 PM - 1:00 PM

Location: Online (Zoom)

Cost: No Cost

RSVP: <https://www.cancersupportvvsb.org/event-registration/?ee=74952>

Fiber is an important part of our daily diet, but are you getting enough – and the right types? Join Rachel – the go-to dietitian for Good Morning America, noted cancer nutrition expert, creator of the Beller Method™ and the Rachel Beller Nutrition Master-class – to learn about fiber’s impact on immunity, hormonal balance and cancer risk reduction. You’ll leave with a powerful action plan for fiber diversification that you can add to your routine immediately – simple, easy and essential for anyone who wishes to optimize their health.

ABOUT OUR PRESENTER

Rachel Beller MS, RDN is the creator of the Beller Method (TM), a three-time best-selling author, creator of award-winning Power Spicing nutrition blends, and spokesperson for the American Cancer Society. She sits on several medical advisory boards such as CSCLA, JK Living, and founded the Beller Community Outreach Program. Rachel conducted research on the role of nutrition in breast cancer prevention at Cedars-Sinai Medical Center and the John Wayne Cancer Institute at Providence St. John’s Health Center for over a decade.