

VIRTUAL WORKSHOP

Lifestyle Care for Cancer

#4 of the Four-Session Nutrition Series

With Atifah Osman, RD



Date: Wednesday, July 20

Time: 12:00 – 1:00 pm

Location: Online (Zoom)

Cost: No Cost

RSVP: www.cancersupportvvsb.org
programs@cancersupportvvsb.org
or calling 805.379.4777

In this fourth workshop of our four-session series, we discuss that lifestyle factors could be vital in the trajectory of your cancer diagnosis. Are you able to get adequate sleep? Do you feel stressed, anxious, or depressed? Are you exposed to toxins daily without even realizing it? In this workshop, we will step beyond diet to those other lifestyle factors that could improve your health throughout your cancer journey. Description and registration for each session will be posted on the monthly program calendar on the CSCVVSb website.

About our presenter:

Atifah Osman is a Registered Dietitian and Holistic Cancer Support Nutritionist with a passion to bring nutrition information to cancer patients. Her work includes helping cancer patients improve treatment outcomes with diet and lifestyle, decrease treatment symptoms with nutrition, and prevent cancer recurrence. Her philosophy holds that medicine WITH nutrition will always equal better cancer outcomes.