

VIRTUAL WORKSHOP

Meal Planning 101

#3 of the Four-Session Nutrition Series

With Atifah Osman, RD



Date: Wednesday, June 29

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 third workshop of our four-session series, we discuss feeling stuck when trying to plan your meals. Are you unclear on what type of foods to add or how to make meal planning simple enough to fit into your life? Join us for a discussion on the basics of meal planning to make meal planning accessible. 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.