

# A Part of Your Treatment You Can Control.

## FREE Classes on Nutrition and Cancer

Join us one Tuesday evening each month

January 27	Cancer Diets: Fads and Facts
February 24	Does Sugar Feed the Tumor? Stabilizing Blood Sugar and Insulin Levels With Nutrition
March 24	Eating Well: Fighting Cancer with a Fork
April 28	Fatigue Management: Nutritional Strategies to Maintain Energy Level
May 26	Organics, Super Foods and Detoxification Issues in Cancer
June 23	Reducing Late Effects and Risk for Cancer Reoccurrence With Nutrition
July 28	Vitamin Therapy in Cancer
August 25	Herbal Therapy in Cancer
September 22	Maintaining a Healthy GI Tract: Symptom Management and Cancer Prevention
October 27	Managing Side Effects of Hormone Therapies: Hot Flashes, Bone Density, Weight Gain and Insulin Resistance
November 17	Staying Healthy Through the Holidays: Recipes, Strategies and Maintaining Immune Function

**Where:** Anschutz Inpatient Pavilion 2, Conference Center, Room B  
(Please see corresponding map on the back for the Conference Center entrance location)  
12505 E. 16th Avenue, Aurora, CO 80045

**When:** 6 p.m. – 7:30 p.m. Tuesday evenings

**Who:** All classes are taught by Colleen Gill, MS, RD, CSO  
Specialist in nutrition for cancer patients

**Information:** Cancer Resource Center  
2nd Floor, Anschutz Cancer Pavilion  
720-848-0316  
[www.uchealth.org](http://www.uchealth.org)

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SURVIVORSHIP CENTER  
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A NATIONAL CANCER INSTITUTE-DESIGNATED  
CONSORTIUM COMPREHENSIVE CANCER CENTER

