

FREE EDUCATIONAL EVENT

The Hearst Cancer Resource Center  
is pleased to present

# The role of Nutrition During and After Cancer

Featuring Angela Fissell, MS, RD, via Zoom Meeting



**Thursday, August 25 • 5:30 p.m.**

Reservations required. Please call Hearst Cancer Resource Center at 805.542.6234 or email us at [HCRC@dignityhealth.org](mailto:HCRC@dignityhealth.org)

This educational talk will provide valuable information to help you better understand how to manage your or your loved one's diet before, during and after a cancer diagnosis. You may have found yourself asking questions such as: "What should I eat? What foods should I avoid? Are vitamins and supplements beneficial? What is the connection between diet and cancer?"

Get your questions answered and learn helpful tips for enriching your nutrition. Angela will share her wisdom and experience to help you learn how to create a delicious healthy diet that has the potential of reducing the incidence of cancer, the risk of cancer progression and/or recurrence.



**Dignity Health™**  
French Hospital Medical Center

**Hearst Cancer Resource Center**



RSVP



**Angela Fissell, MS, RD**  
Clinical Registered Dietitian

■ Angela has over 20 years of experience helping clients with a variety of health related conditions. In the past 14 years, she has increased her focus in the area of oncology nutrition providing customized nutritional counseling to cancer patients as she helps them to plan and maintain a nutritious, healthful diet through treatment and survival.

This program is made possible through the support of the Martin Hulburd Family Cancer Education Fund and offered free, as a community service.



Like us on Facebook:  
**Hearst Cancer Resource Center  
San Luis Obispo**

1941 Johnson Avenue, Suite 201, San Luis Obispo, California | 805.542.6234  
E-mail: [HCRC@dignityhealth.org](mailto:HCRC@dignityhealth.org) | Website: [Dignityhealth.org/HCRC](http://Dignityhealth.org/HCRC)

Keep up with all our classes and programs at our website:

[Dignityhealth.org/HCRC](http://Dignityhealth.org/HCRC)