

Hearst Cancer Resource Center is proud to present:

New Advancements in

Naturopathic Nutrition

Presented by Heidi Lucas, ND, FABNO
via Virtual/Zoom Meeting



Tuesday, July 13 • 5:30p.m.

In the current climate we are all looking to strengthen our foundation of health. This is especially important in oncology as there are multiple elements affecting the healing process during and after treatment. In the upcoming Zoom presentation, we will discuss practical nutrition and lifestyle approaches that can support patients and their families in improving their vitality/energy, resilience and quality of life.

LECTURE/DISCUSSION TOPICS COVERED:

- balance your nutrition to support blood sugar, inflammation and stress response
- learn about food choices that improve vitality, energy and immune function
- ways to add beneficial herbs into your diet and lifestyle

Reservations are required.

Please call the Hearst Cancer Resource Center at 805.542.6234
or email: HCRC@dignityhealth.org



Dignity Health
French Hospital Medical Center

Hearst Cancer Resource Center



Heidi Lucas, ND, FABNO

■ Heidi Lucas, ND, FABNO, is a Naturopathic Doctor specializing in integrated cancer care, combining conventional and natural medicine.

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