

Breast Cancer Coalition *presents*

HEALTHY CHOICES:

*Breast Cancer Survivors
& Nutrition*



Hannah C. Smith,
RDN, CDN

*Eastern Region
Clinical Nutrition
Manager
Rochester Regional
Health*

FREE! OPEN TO THE PUBLIC

Thursday, October 5, 2017 at 6:30pm

The Conference Center at
Wayne-Finger Lakes BOCES
131 Drumlin Ct., Newark, NY

Good nutrition is an important part of leading a healthy lifestyle. For breast cancer survivors, eating a healthy diet and getting the right amount of exercise could help lower the risk of breast cancer recurrence. Rochester Regional Health's Hannah C. Smith, a registered dietitian, will explain what types of foods and nutrients are best for reducing recurrence and for maintaining a healthy weight after a breast cancer diagnosis.

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Call the Coalition at 585-473-8177 or email
tracy@bccr.org for more info. *No registration required.*



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