



The Healing Meal

4-Week Series

Creating a Healthy Diet for Survivors of Cancer and those in Treatment

In this group, people with cancer and those seeking to prevent a cancer diagnosis or reoccurrence learn how to make life long changes to their diet.

These dietary changes can enhance the healing process, provide physical and mental rejuvenation, support optimal metabolism and detoxification and promote overall well-being.

NOTE:

Unlike our previous Eat to Beat Cancer programs, this will be a 4-week group with pre-registration required. Attend one or all of the classes.



When:

Mondays

September 14 - October 12

No class Sept. 21

7:00-8:30pm

Where:

**Quest Center for Integrative Health
2901 E. Burnside
Portland, OR 97214**

Facilitated by:

**Louise Tolzmann, ND
Jo Brody**

Please contact

Quest Center for Integrative Health
to register or for more information
on this group.

503-238-5203 OR hep@quest-center.org

***COST: \$100 for the series or \$30 per session.
Can't make it to every session? Send a
friend in your place!***

