

Healthy for the Holidays

In-Person Educational Workshop and Demo

Can you indulge in your favorite holiday foods and still be healthy over the holidays? Yes you can! In this workshop and cooking demonstration, you will learn how you can swap some of the traditional holiday foods for their lighter, still-festive cousins--including seasonal foods with surprising anti-cancer activity. Plus, sample some of Susan's favorite lower calorie treats perfect for holiday parties and potlucks! We hope to see you as we continue to learn, grow, support, and have fun with our community this holiday season!

Pre-registration is required, as space is limited.

DATE & TIME :

**TUESDAY, NOVEMBER 11
11:00AM TO 2:00PM**

NO COST



PLACE:

**CANCER SUPPORT COMMUNITY
4195 E. THOUSAND OAKS BLVD.
SUITE #107
WESTLAKE VILLAGE, CA 91363**

Susan J. Speer, MS, RD, FAND, CSO

Susan Speer is a board-certified Oncology Nutrition Specialist and the cancer nutritionist at the St. John's Regional Cancer Center. She has been developing and teaching programs in health promotion and disease management for more than 40 years, was faculty at the Santa Monica Family Practice Residency Program for nearly 20 years and has twice acted as visiting professor in biochemistry at Pepperdine University.



To register and learn more:
cancersupportvvsb.org/events/
email: programs@cancersupportvvsb.org
call: 805.379.4777