

# Nutrition & Cardio-Oncology: Exploring the Relationship

Good nutrition is a very important part of caring for your overall health during and after cancer treatment. Some cancer therapies can affect the heart, and the foods you eat can help support heart strength, manage side effects, and improve energy and recovery. In this informative presentation, we will explore how healthy eating habits can affect cardiovascular health and overall health in one's cancer journey.

Light refreshments will be provided. **Please register online.**

**DATE:**

**THURSDAY**

**5/21/26**

**12:00PM-1:00PM**

**NO COST TO PEOPLE IMPACTED  
BY CANCER**



**PLACE:**

**CANCER SUPPORT COMMUNITY  
VALLEY/VENTURA/SANTA BARBARA  
4195 E. THOUSAND OAKS BLVD.,  
#107, WESTLAKE VILLAGE, CA 91362**

**AND ONLINE VIA ZOOM**

## ***Heidi Fernandez - MS, RD, Director of Food & Nutrition Services at Los Robles Health System***

Heidi Fernandez started her career at St. John's Regional Medical Center in Oxnard as a Clinical Dietitian. She also worked in a dialysis clinic and consulted for a skilled nursing facility. She later promoted to the Clinical Nutrition Manger role. Ten years later, she moved onto Community Memorial Hospital in Ventura as the Assistant Director for Food and Nutrition Services. She managed the Catering Associates within the kitchen operations as well as the inpatient and outpatient Dietitians. Two years later she moved onto Los Robles Acute Rehabilitation Hospital.

She ran the kitchen operations for 9 years before moving to the main campus as the Clinical Nutrition Manger. Recently she was promoted to the Director of Food & Nutrition Services where she enjoys leading her amazing team. When Heidi isn't working, she keeps busy running, coaching, gardening and being a chauffeur to her family of 6.



**To register and learn more:**  
[cancersupportvwsb.org/events/](https://cancersupportvwsb.org/events/)  
email: [programs@cancersupportvwsb.org](mailto:programs@cancersupportvwsb.org)  
call: 805.379.4777