



Food —for— Life

NUTRITION & COOKING CLASS

Introduction to How Foods Fight Cancer

Researchers have been investigating how food choices can help prevent cancer and improve survival. Certain diet patterns seem to have a major effect in helping people diagnosed with cancer to live longer, healthier lives. The National Cancer Institute research shows that as much as 50% of cancer risk may be related to diet. In this class, you will learn about the right food choices that can help reduce the risk of developing cancer as well as overcome the disease after it has been diagnosed.

**Tuesday, August 10, 2010
6-8 PM**

Sample four recipes with us!

Sign up at

www.cancerproject.org/classes

This class is brought to you by The Cancer Project & Solley's Appliance & Fireplace Center



**Questions ??
Call Judy Nolish
248-541-1911**

Class is free & includes samplings of 4 recipes. Text/cookbook is loaned to students for the class.

Location:

**Solley's Appliance & Fireplace
Center,
3779 S. Ortonville Rd,
Clarkston, MI 48348
248-625-2417**

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The Cancer Project
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Advancing Cancer Prevention and Survival through Nutrition Education and Research