



Fighting Cancer With Your Fork: Wholesome Whole Grains

VIRTUAL COOKING DEMONSTRATION AND EDUCATIONAL EVENT

A **FREE** virtual event for our patients, caregivers, and community.

Tuesday, March 23 at 6 p.m.

WebEx link will be provided after registration.

Register online at johnstonwillismed.com or call [804-320-DOCS](tel:804-320-DOCS).

Please join us! This virtual event will feature a presentation on nutrition and cancer prevention—specifically on the benefits of including whole grains in our diet. Then, learn how to put these recommendations into action with a cooking demonstration by local chef, David Booth.

PRESENTATION BY:

Oncology Registered Dietitian, Erin Neuman, MS, RD, CSO

and Guest Chef, David Booth, Culinary Arts Instructor



SARAH CANNON

Cancer Institute at
Johnston-Willis Hospital

A Campus of CJW Medical Center