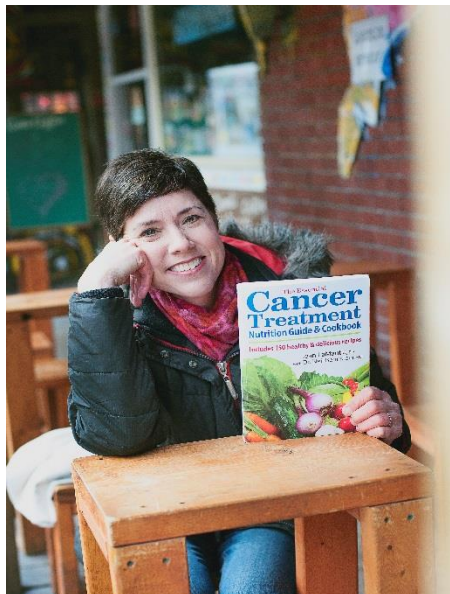


# Tuesday Seminar Series With Jean LaMantia



**Jean LaMantia, RD** is a cancer survivor and registered dietitian. She is a program leader for Wellspring, a national cancer support agency where she empowers cancer survivors and their caregivers by leading nutrition seminars and cooking demonstrations.

She is the author of the best selling book *The Essential Cancer Treatment Nutrition Guide and Cookbook*, and former editor of the Dietitians of Canada Oncology Network Infoletter.

She has several years of experience meeting the needs of cancer patients and those who care for them by providing evidence-based, compassionate and proactive nutrition guidance.

## **Nutrition for Lymphedema- May 23rd, 2017 at 10am**

Can nutrition affect your Lymphedema? Do you wonder what foods to eat and not eat when you have Lymphedema? Attend this session by Jean LaMantia, registered dietitian to learn about the relationship between nutrition and lymphedema and how nutrition can be incorporated in your treatment plan. Invest 60 minutes of your day to educate yourself about the role of nutrition on Lymphedema.

## **Hot Topics in Cancer Nutrition- June 27th, 2017 at 10am**

Should I follow an alkaline diet? What about the Budwig protocol? Does sugar feed cancer? What about soy? So many questions and so many people with opinions. Attend this session, by Jean LaMantia, registered dietitian and find out what the published research says about these popular trends in cancer nutrition and leave this session with a sense of confidence about what is right for you and what you should be doing to protect your health.

## **Nutrition for Lymphedema-July 25th, 2017 at 10am**

Can nutrition affect your Lymphedema? Do you wonder what foods to eat and not eat when you have Lymphedema? Attend this session by Jean LaMantia, registered dietitian to learn about the relationship between nutrition and lymphedema and how nutrition can be incorporated in your treatment plan. Invest 60 minutes of your day to educate yourself about the role of nutrition on Lymphedema.

**Please contact administrative staff to reserve a spot. Limited to 12 participants per session. Cost \$15**



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<http://www.markhamlymphaticcentre.com>