



CANCERcare[®]
Help and Hope

FREE PROFESSIONAL SUPPORT SERVICES

CancerCare helps individuals, families, caregivers and the bereaved cope with the emotional and practical challenges of cancer. Our services include case management counseling, support groups, educational workshops, publications and financial assistance. All of our services are provided by master's-prepared oncology social workers and are offered completely free of charge. To learn more, visit www.cancercare.org.

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CancerCare[®] National Office
275 Seventh Avenue
New York, NY 10001
800-813-HOPE (4673)



Young Adult Virtual Plant-Based Cooking Class

Tuesday, January 12, 2021

CancerCare is partnering with Nicole D'Angelo, vegan food blogger and meditation teacher, to offer a plant-based cooking class for young adults ages 20-39. Come learn how to make basic recipes while bringing fun into the kitchen!

Following the class, we will have a short Q&A - bring your questions about cooking and baking!



Learn more about Nicole at
www.fabulousvegrecipes.com

TIME

5:30 p.m. - 7:00 p.m.

LOCATION

This virtual class will be held using Zoom; you can also use the call-in feature to participate.

FOR MORE INFORMATION OR TO REGISTER, CONTACT our Hopeline at 800-813-HOPE (4673) or contact our Young Adult Program Coordinator, Marlee Kiel, LMSW, at 212-712-8029 or mkiel@cancercare.org.

This program is free, but pre-registration is required.