

COPING CIRCLE WORKSHOP: NUTRITION DURING AND AFTER CANCER TREATMENT



Free workshop on nutrition for people who are diagnosed with cancer.



Alexa Dashko, MS, RN, CSO,
Oncology Dietician

Join us for a 90-minute workshop designed to help people diagnosed with cancer make informed, nourishing food choices.

This program is open to national clients and is free, but pre-registration via Zoom is required.

WORKSHOP DATE

WEDNESDAY, JUNE 18, 2025 from 12 p.m. - 1:30 p.m. ET

This session will explore how nutrition can help manage treatment-related side effects, offer simple recipe ideas and food safety tips and provide guidance on building a balanced, culturally inclusive plate. Whether you're navigating fatigue, taste changes or digestive issues, you'll walk away with practical tools to support your healing through food.

SPEAKER: Alexa Dashko, MS, RDN, CSO

**Register
Today!**



This workshop is supported by:

**Evernorth
Health Services**

For information about this workshop, please call the CancerCare toll-free Hopeline at **800-813-HOPE (4673)**.

Facebook: facebook.com/cancercare | **Instagram:** @CancerCareUS | **Twitter:** @CancerCare