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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 counseling, support groups, educational workshops, publications and financial assistance. All of our services are provided by professional 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)



Cook For Your Life

Tuesday, January 20, 2015

Ann Ogden is a cookbook author and two-time cancer survivor whose mission is to improve the health of people touched by cancer by giving them the practical knowledge, tools, and inspiration to cook their way through treatment and into healthy survivorship. Ann is the founder of the nonprofit organization Cook For Your Life (www.cookforyourlife.org).

At this workshop, Ann will show you how to prepare a healthful and delicious chili, cornbread, and salad dinner. Participants will be invited to help prepare, cook, and then enjoy dinner.

TIME

5:30 p.m.

LOCATION

CancerCare's National Office
275 Seventh Avenue
New York, NY 10001



FOR MORE INFORMATION, CONTACT

Andrew Chesler, LMSW, CancerCare at **212-712-8093**
or achesler@cancercare.org.

This program is free, but pre-registration is required. Space is limited to 15.