

## About Us

CancerCare is a national nonprofit, 501 c(3) organization providing free, professional support services to anyone affected by cancer: people with cancer, caregivers, children, loved ones and the bereaved. CancerCare programs—including counseling and support groups, education, financial assistance and practical help—are provided by professional oncology social workers and are completely free of charge. For more information, call **1-800-813-HOPE (4673)** or visit [www.cancer.org](http://www.cancer.org).

CancerCare is pleased to have collaborated with the following organizations in offering this Workshop:

**American Cancer Society**

[www.cancer.org](http://www.cancer.org); 1-800-227-2345

**American Psychosocial Oncology Society**

[www.apos-society.org](http://www.apos-society.org); 1-866-276-7443

**American Society of Clinical Oncology**

[www.cancer.net](http://www.cancer.net); 1-888-651-3038

**Association of Clinicians for the Underserved**

[www.clinicians.org](http://www.clinicians.org); 1-703-442-5318

**Association of Oncology Social Work**

[www.aosw.org](http://www.aosw.org); 1-847-480-6343

**Black Women's Health Imperative**

[www.bwhi.org](http://www.bwhi.org); 1-202-548-4000

**Cancer Patient Education Network**

[www.cancerpatienteducation.org](http://www.cancerpatienteducation.org)

**Cancer Support Community**

[www.cancersupportcommunity.org](http://www.cancersupportcommunity.org); 1-888-793-9355

**Caregiver Action Network**

[www.caregiveraction.org](http://www.caregiveraction.org)

**Intercultural Cancer Council**

[www.iccnetwork.org](http://www.iccnetwork.org)

**Joe's House - A Lodging Guide for Cancer Patients**

[www.joeshouse.org](http://www.joeshouse.org); 1-877-563-7468

**The LGBT Cancer Project**

[www.lgbtcancer.org](http://www.lgbtcancer.org)

**LIVESTRONG Foundation**

[www.livestrong.org](http://www.livestrong.org); 1-855-220-7777

**Multinational Association of Supportive Care in Cancer**

[www.mascc.org](http://www.mascc.org)

**National Association of Social Workers**

[www.socialworkers.org](http://www.socialworkers.org); 1-202-408-8600

**National Center for Frontier Communities**

[www.frontierus.org](http://www.frontierus.org); 1-575-534-0101

**National Coalition for Cancer Survivorship**

[www.canceradvocacy.org](http://www.canceradvocacy.org); 1-888-650-9127

**National Comprehensive Cancer Network® (NCCN®) – NCCN Guidelines for Patients®**

[www.nccn.org/patients](http://www.nccn.org/patients)

**NeedyMeds**

[www.needymeds.org](http://www.needymeds.org); 1-800-503-6897

**Research Advocacy Network**

[www.researchadvocacy.org](http://www.researchadvocacy.org)

**Scott Hamilton CARES Foundation**

[www.scottcares.org](http://www.scottcares.org)

**Vital Options International**

[www.vitaloptions.org](http://www.vitaloptions.org)



**CANCERCARE**  
NATIONAL OFFICE  
275 SEVENTH AVE.  
NEW YORK, NY 10001

**CANCERCARE CONNECT EDUCATION WORKSHOP™**

## Nutrition and Healthy Eating Tips During and After Cancer Treatments

**Monday, February 1, 2016**

**1:30 - 2:30 PM Eastern Time**

A free CancerCare Connect Education Workshop™ for people living with cancer, their families, friends and health care professionals

Listen to this workshop over the telephone or connect to our webcast online.



**CANCERCARE**

Help and Hope

**1-800-813-HOPE (4673)**

**[www.cancer.org](http://www.cancer.org)  
[connect@cancer.org](mailto:connect@cancer.org)**

## What is a CancerCare Connect Education Workshop™?

CancerCare's Connect Workshops are free and a way for people to learn about cancer-related issues from the convenience of their home or office. Leading experts in oncology provide the most up-to-date information on the telephone and online.

### How do I participate?

You can listen to this workshop on the telephone or via live streaming through the Internet. Participation is free.

### How do I register?

There are three ways to register:

- Mail this registration form to CancerCare®
- Call **1-800-813-HOPE (4673)**
- Register online at [www.cancercare.org/connect](http://www.cancercare.org/connect)

After you have registered, you will receive additional information.

## Missed a CancerCare Connect Workshop?

A listing of featured programs is available by calling **1-888-337-7533**, 24 hours a day, 7 days a week. You can also listen to previous workshops on the CancerCare website. Just log on to [www.cancercare.org/podcasts](http://www.cancercare.org/podcasts).

## Continuing Education Credits

**Social Workers:** This program is approved for 1.0 Contact Hour to social workers upon verification of completion. The University of Texas MD Anderson Cancer Center is an approved provider through the Texas State Board of Social Work Examiners, provider #CS4607. Cancer Care, Inc. SW CPE is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #0088

**Dietitians:** This program has been submitted to the Commission on Dietetic Registration for one Continuing Professional Education Unit (CPEU).

Any questions about Professional Continuing Education Credits should be directed to: [connect@cancercare.org](mailto:connect@cancercare.org).

**This activity was made possible by Helsinn Therapeutics, US. CancerCare's application for continuing education credits for this program was supported by the Diana Napoli Fund.**

## Nutrition and Healthy Eating Tips During and After Cancer Treatments

Monday, February 1, 2016  
1:30 - 2:30 PM Eastern Time

### Workshop Topics

- Symptoms and Side Effects that Disrupt Eating
- Managing Weight Changes
- Coping with Fatigue, Infection Control, Mouth Sores and Dry Mouth
- The Role of Exercise
- Nutrition and Healthy Eating Tips that Work
- Easy to Prepare Foods
- Guidelines for Eating Out – During and After Cancer Treatments
- Talking with Your Health Care Team about Your Eating Challenges
- Finding an Eating Plan that Works for You
- Questions for Our Panel of Experts

### Speakers

#### Stewart B. Fleishman, MD

Founding Director, Cancer Support Services  
Continuum Cancer Centers of New York  
Accreditation Surveyor American College of Surgeons  
Commission on Cancer

#### Diana L. Bearden, MS, RD, CSO, LD, CNSC

Supervisor, Clinical Nutrition  
The University of Texas MD Anderson Cancer Center

#### Donna Wilson, RN, MSN, RRT

Fitness Coordinator  
Integrative Medicine Center  
Memorial Sloan Kettering Cancer Center

#### Sarah Kelly, MSW

Older Adult Program Coordinator  
CancerCare

## Nutrition and Healthy Eating Tips During and After Cancer Treatments

Monday, February 1, 2016

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_

STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE\* \_\_\_\_\_

\*Please list the phone number where you can be reached on the day of the workshop.

EMAIL \_\_\_\_\_

NUMBER OF PARTICIPANTS \_\_\_\_\_

ARE YOU A HEALTH CARE PROFESSIONAL?

YES \_\_\_\_\_ NO \_\_\_\_\_

### Mail this registration form to:

Carolyn Messner, DSW, MSW, OSW-C  
Director of Education and Training  
CancerCare®  
275 Seventh Avenue  
New York, NY 10001

OR

Register online at  
[www.cancercare.org/connect](http://www.cancercare.org/connect)



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1-800-813-HOPE (4673)  
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[connect@cancercare.org](mailto:connect@cancercare.org)