



Healthy Eating for Survivorship

October 11 - November 15, Noon - 1 p.m.

Join us via Zoom for a virtual class on healthy eating that meets every Tuesday for six weeks. Improve your diet and learn how healthy eating can be stress-free and facilitate weight management.

To sign up, and for more information about our Oncology Nutrition Services, scan the QR code below or visit utswmed.org/cancer/support-services/oncology-nutrition.

If you have any questions, please contact dietitian Kathleen Bradford at kathleen.bradford@utsouthwestern.edu.



UT Southwestern
Simmons Cancer Center

Topics Include:

Intuitive Eating

Portion Control
& Label Reading

Plant-Based
Meals &
Dining Out

Meal Planning

Grocery Store
Tour

Motivational
Tools &
Fact vs. Fiction