

# Healthy Living: Preventing Cancer Through Food



with Latinas Contra Cancer

Everyone is welcome to join us and learn about the connection between health and nutrition.

- 1) **The Importance of Nutrition:** May 1st, 2021
- 2) **A Balanced Meal:** May 8, 2021
- 3) **Nutrients and Digestion:** May 9, 2021
- 4) **Navigating the Grocery Store:** May 15, 2021
- 5) **Nutrition and Cancer: Prevention, Treatment, and Recovery:** May 22, 2021
- 6) **Healthy Living for Low-Income Families: A Conversation with Food Pantries and Farmers' Markets:** May 29, 2021

Time: 7:00 PM - 8:00 PM PST | Location: Zoom and Facebook Live

Register here: <https://tinyurl.com/lccnutrition> to receive the Zoom link and a special gift!

There will be 2 chances to win a \$25 gift card to a grocery store during each presentation!