



Monthly Cancer Survivorship Nutrition & Lifestyle Support Group

Monthly group meeting to discuss, share and support the process and practical steps needed for dietary and lifestyle transformations. This is important for optimizing health and well-being, and managing chronic symptoms or problems.



This program can make *the* difference.

Each session will include:

- 🎶 Brief Relaxation Technique and Practice
- 🎶 Topic Discussion
- 🎶 Questions, Discussions, Support

Presented by:

Joel S. Edman, DSc, FACN, CNS

Clinical Nutritionist

Media Wellness Center

Monthly Meetings:

2nd Monday of every month

7:00 pm to 8:15 pm

\$15 (must sign up, \$20 at the door)

Call 610-742-8880

for more information and enrollment, or visit

www.EdmanNutrition.com

Must have individual counseling before attending this group.