

# Nutrition and Healthy Lifestyle for Cancer Prevention



*Learn about healthy eating strategies and lifestyle changes that can reduce your risk for many of the most common cancers. Join us to learn simple and realistic changes you can make to transition to a more plant-based diet for cancer prevention.*

*Presented by Johannah Sakimura, MS, RD, CSO, Oncology Dietitian, Overlook Medical Center*

**Thursday, March 10, 7:00p.m.**

**Zoom Virtual Webinar**

Pre-registration is required.

Visit [atlanticealth.org/events](http://atlanticealth.org/events) or call 1-800-247-9580 to register.