

# Cancer Lecture Series

Learn how combining the power of prevention, cutting edge nutritional science and ancient food wisdom can help lower your cancer risk. Or if you are a cancer patient, learn how to cope with effects of treatment and recover your health and energy after cancer treatment is complete .

## **Cancer and Nutrition:** *Lowering Risk, Coping with Treatment and Enhancing Recovery*

**Jeanne Peters, R.D.**

**Nutrition director of the Nourishing Wellness, a Torrance based preventative health center with a focus on wellness programs that extend your “healthspan.”**

**Tuesday, November 4, 2008  
6-7:30 P.M.**

*Questions and answer period to follow.*

Offered in collaboration with the American Cancer Society LA Coastal Cities Unit and The Wellness Community South Bay Cities. Free and open to patients, loved ones and any one interested.

***For information, call the Cancer Resource Center at  
310-517-4665.***

Torrance Memorial Medical Center  
West Tower Auditorium (2nd Floor)  
3330 Lomita Blvd., Torrance  
(Between Lomita Blvd. and Skypark Dr.,  
on Medical Center Dr.)

