

Nutrition After Breast Cancer Treatment

What can I expect to learn?

Join Cancer Care Alberta dietitians for an interactive session about how food and nutrition can help your body recover from treatment. Topics include:

- Eating well after treatment
- Being physically active
- Maintaining a body weight that's best for you
- Making lifestyle changes

You can ask questions to the dietitians and receive nutrition-based handouts to offer you further support.

What are the class details?

- This class is offered over Zoom®
- 1 hour (60 minutes) long
- Free to attend!

Who can register for this class?

This virtual nutrition class is for adults (age 18 or older) living in Alberta. Come to this class for yourself or for a loved one.

How can I register?

Online: [Registration for Nutrition After Breast Cancer Treatment](#)

By phone: 587-231-5335

Questions about the class?

Email: cancerdietitianscalgary@albertahealthservices.ca



Health Link has dietitians to answer nutrition questions.

Call 811 and ask to talk to a dietitian or complete a [self-referral form](#) on ahs.ca/811.