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~ **For Immediate Release** ~

Lakeland Offers Nutrition Matters in Cancer Treatment

(ST. JOSEPH) – Lakeland HealthCare will offer a free nutrition class to cancer patients undergoing treatment and their families. “Nutrition Matters in Cancer Treatment” will be held on Wednesday, August 28, from noon to 1:00 p.m. in the Houseworth Conference Room at the Marie Yeager Cancer Center, Lakeland Health Park, 3900 Hollywood Road, St. Joseph.

Led by a Lakeland HealthCare registered dietitian, the class will include information about healthy eating habits, ways to enhance overall well-being and quality of life during and after cancer treatment, and managing side effects while maintaining adequate nutrition.

“Maintaining good nutrition during cancer treatment helps support a patient in so many ways,” said Cassie Jaros, RD, Clinical Dietitian, Lakeland HealthCare. “And because everyone needs to eat every day, it is something that all cancer patients can ‘take back’ for themselves.”

According to Jaros, studies show that cancer patients who seek nutrition interventions lose less weight, experience fewer side effects, and have an overall better quality of life.

For more information or to register, call (269) 556-2808 or (866) 260-7544. A bag lunch will be provided to all participants.

Visit www.lakelandhealth.org or find Lakeland HealthCare on Facebook or Twitter for more classes and events.

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