

# NOURISH



Eating healthy before, during and after cancer treatment can help you feel better, keep your body strong and better able to cope with side effects, and enhance long term wellness.

Wellspring's Nourish programs cover a variety of nutritional topics. Delivered in a kitchen by a Registered Dietitian, Nourish programs provide educational content, preparation demonstrations, sampling, and take-home program materials and recipes.

There is no charge to participate.



For more information  
or to register, visit:

**wellspring.ca**

Wellspring is a charity that offers professionally-led programs and services to help with the emotional, social, practical and physical needs of people living with cancer. All at no charge.