

Healthy Food for Healthier Living



Learn how to prepare healthy and affordable meals using fresh produce and other ingredients to reduce your risk for cancer and other health problems. Our registered dietitians will:

- *demonstrate a healthy recipe and provide recipes to try at home*
- *Answer questions and share information on healthy eating*

*Presented by Johannah Sakimura, MS, RD, CSO and
Natalia Capodanno, RD, Oncology Dietitians,
Carol G Simon Cancer Center, Overlook Medical Center*



Thursday, August 24, 5:30pm

In-Person Presentation

100 Morris Avenue, Summit, NJ 07901

All are welcomed. Free giveaways will be provided.