



Free Health Workshop: Nutrition and Lifestyle Guide for Cancer Prevention

Presented by Sharp HealthCare

Tuesday, June 11, 2019

3:30 to 4:30 p.m.

Central Branch Library, Mary Hollis Center

330 Park Boulevard

San Diego, CA 92101

A Sharp HealthCare dietitian will present an overview on food and lifestyle tips to help prevent cancer. The talk includes information on cancer-fighting foods, nutritious recipes as well as recommendations if undergoing treatment.

To register, call 1-800-82-SHARP (1-800-827-4277) or visit sharp.com/citywellness.

Sharp HealthCare is proud to be the official Health and Wellness Partner of the City of San Diego.

District 3 Councilmember Chris Ward is a proud supporter of this workshop.