



SEGO Buddies Presents

# "Women's Insight"

Networking and Guidance for Gynecologic Cancer Patients



## *The Foods We Need:* Nutrition Basics for People with Cancer

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Registered Dietitian, Outpatient Oncology  
Saint Joseph's Hospital

Good nutrition can be a powerful tool for people with cancer both during and after treatment. Choosing the right foods at the right time can be challenging and time-consuming. Join us as we look at the best choices for foods, how to improve what we eat, maintain weight and gain energy. Easy, fun and healthy recipes will be shared! Join us for a fun and delicious afternoon!

**Wednesday, September 15, 2010**

**12:00pm – 2:00pm**



**SAINT JOSEPH'S**

Cancer Survivor's Network

**Erb Cancer Center Conference Room**

**1<sup>st</sup> floor of the Florence Hays Erb Clinical Center at Saint Joseph's Hospital**

Take the elevator up one floor from the ground floor.

(please see backside for directions and map)

Light Lunch Provided – Catered by

**Please RSVP by September 13, 2010**



To Katherine Easton, SEGO Social Worker 678-420-4117 or email [segobuddies@segynonc.com](mailto:segobuddies@segynonc.com)

*SEGO Buddies programs are provided by the SEGO-We Care Foundation*  
[www.sego-wecarefoundation.org](http://www.sego-wecarefoundation.org)