



## That's My Farmer

### Connecting cancer survivors and farmers markets

Cancer survivors are invited to join 'That's My Farmer', a nutrition and wellness program designed to meet the needs of people touched by cancer. The seven-week program combines education with fresh, local fruits and vegetables.

Participants receive a variety of goods and education, including:

- Vouchers for fresh fruits and vegetables of their choice at local farmers markets
- Engaging presentations from registered dietitians
- Recipe book, food demos and seasonal produce

#### Join the program!

Registration fee is \$20 per survivor; financial aid available if needed. **Space is limited**; register by contacting the Samaritan Cancer Resource Center at 541-768-2171 or [elnewman@samhealth.org](mailto:elnewman@samhealth.org).

*This information is valid until July 31, 2017.*

Along with other cancer survivors, explore topics such as:

- Research-based nutrition guidelines for cancer survivors
- Eating locally, seasonally and affordably
- Healthy shopping
- Mindful eating

#### 2017 sessions begin in May!

Sessions take place at Samaritan-affiliated locations and local farmers markets:

**Corvallis:** May 10 to June 24

5:30 to 7 p.m. Wednesdays and  
9 to 10 a.m. Saturdays

**Albany:** May 31 to July 15

5:30 to 7 p.m. Wednesdays and  
9 to 10 a.m. Saturdays

**Lebanon:** July 25 to Sept. 7

5:30 to 7 p.m. Tuesdays and  
5 to 6 p.m. Thursdays



**Samaritan  
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[samhealth.org/Cancer](http://samhealth.org/Cancer)