



That's My Farmer

Connecting cancer survivors with local fruits and vegetables

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 five-week program combines education with fresh, local fruits and vegetables. Participants will also receive a variety of goods and education.

Along with other cancer survivors, explore topics presented by a registered dietitian, like:

- Research-based nutrition guidelines for cancer survivors
- Eating locally, seasonally and affordably
- Exercise for survivors
- Self-care, mindful eating and wellness
- Food demos and seasonal produce

This information is valid until August 2019.

2019 sessions begin in July!

Newport: July 17 to Aug. 14

Class: Wednesdays, 5:30 to 7 p.m.
Center for Health Education
(across from Samaritan Pacific
Communities Hospital)

Join the program!

Registration fee is \$20 per survivor; financial aid available if needed. Preference will be given to first-time participants.

Space is limited. Register by contacting the Samaritan Cancer Resource Center at CancerResourceCenter@samhealth.org, or 541-768-2171 or 541-812-5888.



Samaritan
Health Services

samhealth.org/Cancer