



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 five-week program combines education with fresh, local fruits and vegetables.

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

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.

This information is valid until September 2019.

2019 sessions begin in April!

Corvallis: April 24 to May 22

Class: Wednesdays, 5:30 to 7 p.m.
Samaritan Pastega Regional Cancer Center, conference rooms 1 and 2

Market: Saturdays, 9 to 10 a.m.
Corvallis Farmers' Market

Albany: June 11 to July 9

Class: Tuesdays, 5:30 to 7 p.m.
Samaritan Albany General Hospital, Reimer conference room

Market: Saturdays, 9 to 10 a.m.
Albany Farmers' Market

Lebanon: Aug. 27 to Sept. 24

Class: Tuesdays, 5:30 to 7 p.m.
Samaritan Lebanon Community Hospital, conference rooms B/C

Market: Thursdays, 5 to 6 p.m.
Lebanon Farmers' Market



**Samaritan
Health Services**

samhealth.org/Cancer