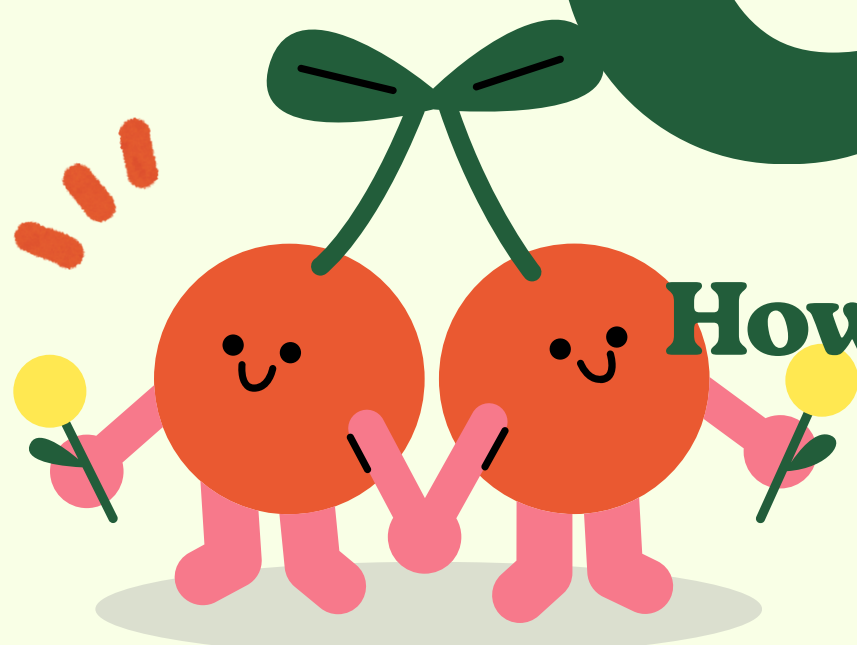


**Tuesday, December 9
10-11:30AM**

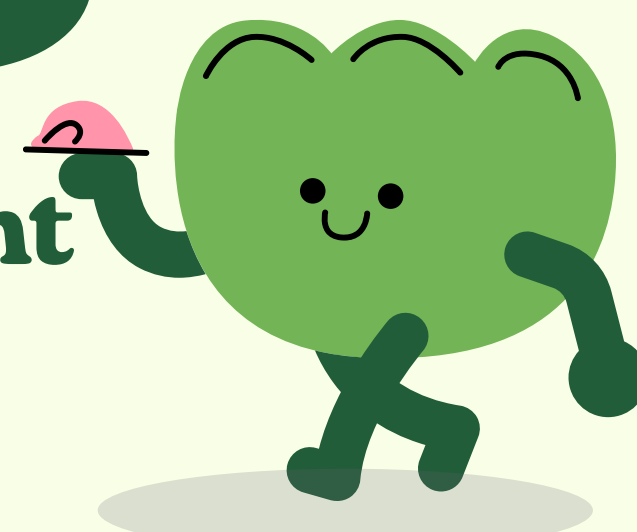


Nutrition Class

**Virtual class-
Join on Zoom!**



How to Eat During Treatment



**Manage Side
Effects**

**Support energy
and well being**

**Tips for staying
hydrated**

**Spot Nutrition
Misinformation**



**Q&A with the
Dietitian**

Scan code for link to class:



Elizabeth Roadhouse, MS, RD

Cancer Center Dietitian

Questions? Call (505) 913- 8974

<https://christushealthvideo.zoom.us/j/97997529194?pwd=h1gK7hzNwOpjfAyW2uzSza9y97SeA9.1>