

Healthy Habits! *Lifestyle Tips to Help Lower Your Cancer Risk*



Dr. Tracey Thomas, Naturopathic Physician, will share evidence based nutrition and integrative therapies that can help lower your cancer risk before, during, and after treatment. Come learn about what foods to eat and safe supplements to help improve your quality of life.

Northwest Natural Health

6135 Seaview Ave NW, Suite 300, Seattle, WA
Saturday, May 13, 10:30 AM – Noon

To register for the **free** class, call **1-800-SWEDISH** or visit **www.swedish.org/classes**.

Registrants will be entered into a drawing for a \$50 PCC gift card!