



# "Cooking for the new Me!"

a FREE nutrition class for cancer survivors and caregivers.

**Saturday, April 1st, 8th, 22nd & 29th**  
**11am - 1pm at Shore Appliance Connection**

## Class Topics Include:

Immune system  
Anti-Oxidants  
Healthy Weight  
Energy



Funding provided by:  
Maryland Agricultural Education and Rural Development Assistance Fund (MAERDAF)

*You will learn how to use healthy fats and vegetables and become familiar with several sources of protein and the healthiest way to prepare familiar ingredients and ingredients new to you.*

**Thank you to the following businesses:**



Please call Women Supporting Women  
to register for the **free** classes at  
410-548-7880