

HEALTHY LIFESTYLE BOOTCAMP

A Virtual Series from the Nancy Marx Cancer Wellness Center



Join Oncology Dietitians from the Cancer Institute at St. Francis Hospital in collaboration with the Nancy Marx Cancer Wellness Center for a 7-week virtual bootcamp experience. The series will focus on healthy habits everyone can easily incorporate into their lives. From healthy eating to stretching and even meditation - we will cover it all! Intended for all cancer survivors, at any point throughout their continuum of care.

WEDNESDAYS, 2-3:15PM

JANUARY
13 & 27

FEBRUARY
10 & 24

MARCH
10 & 24

APRIL
7

ADVANCE REGISTRATION REQUIRED. [CLICK HERE TO REGISTER](#)

**FOR MORE INFORMATION VISIT SJJCC.ORG/CANCERWELLNESS
OR CONTACT RANDY HIGHT, RHIGHT@SJJCC.ORG**