

# The Power of Food for Cancer Prevention and Survival

## Wabash Valley LEAF (Lifestyle Education and Food) Cancer Focused Classes Based on the award-winning Food for Life Program

Based on PCRM's award-winning Food for Life program, The Maple Center for Integrative Health is delighted to bring valuable, lifesaving nutrition information to the Wabash Valley community. Healthy Lifestyle can be as powerful as chemotherapy in preventing recurrence.



Join Food for Life Educational Alliance Program Partner The Maple Center for Integrative Health's educators, Kathleen Stienstra, MD, Karen Cunningham, and the LEAF team in exploring how a diet rich in vegetables, fruits, grains, and legumes can enhance your health and support your wellness goals.

**Class size limited, register Today!**

**Classes every Friday, 2:30 – 4:30 p.m.**

**Cost: \$70 for the 4-class series Individuals meeting the Federal Poverty Guidelines will be able to take this class at no charge.**

Thanks to private donations, additional Sliding Scale Scholarships are available.

**Friday, April 28** Introduction to How Foods Fight Cancer

**Friday, May 5** Fueling Up on Low-Fat, High-Fiber Foods

**Friday, May 12** Discovering Dairy and Meat Alternatives

**Friday, May 19** Cancer-Fighting Compounds and Healthy Weight Control

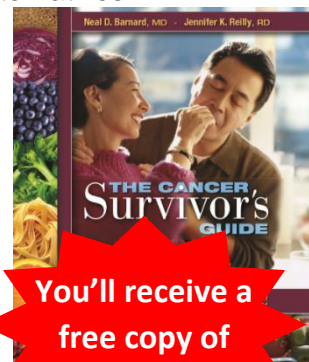
**To register**, call 812-234-8733  
or go to [www.themaplecenter.org](http://www.themaplecenter.org)

**REGISTRATION DEADLINE:**

**Wednesday, April 26, 2017**

**LOCATION: Hux Cancer Center – Lower Level**

1711 N. 6 1/2 Street, Terre Haute, IN 47804



**You'll receive a free copy of this book!**

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The Maple Center for Integrative Health



**PCRM** Physicians Committee for Responsible Medicine



**FOOD FOR LIFE  
Cancer Project**