

# *Cancer Catchers from the Kitchen*

**Did you know that one in eight women will develop breast cancer during her lifetime? A few simple dietary and lifestyle changes can make a big difference in your health.**

**WHEN:** Wednesday, October 26 from 6:30 to 7:30 p.m.

**WHERE:** Collective Souls Wellness Center

4331 Acushnet Avenue

New Bedford, MA 02745 (617) 767-6188

*No Fee in Honor of Breast Cancer Awareness Month*

**WHAT:** Please join Your Health Navigator & Coach Sheryl Worthington Turgeon, MPH, CHC to learn what foods and eating habits will powerfully support you.

- Foods that Help the Body Break Down Estrogen
- Why Juicing is So Effective in Healing Inflammation
- Pros & Cons of Raw and Cooked Foods
- Omega 3s and Supplement Support

