

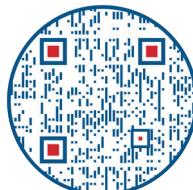
Nutrition and Wellness Programs for Cancer Survivors and Patients



Food Matters

3rd Wednesday of every other month in 2026 | 1:00 p.m. to 2:00 p.m. | Virtual

January 21 Back to basics (What is a nutritious meal?)
March 18 Power of Protein in the fight against cancer
May 20 Eat Smart on a Budget - Grocery tips from a registered dietitian
July 15 Do vitamins truly help in fighting cancer?
September 16 Carbs and fats: the good and the bad.
November 18 Easy meal planning



Scan the QR code below to register. If you have any questions, please email our registered dietitian.

Sondos Khattab at Sondos.khattab@rwjbh.org

Nutrition Through Cancer Survivorship: Short Cut Cooking

Wednesday, April 22 | 1:00 p.m. to 2:00 p.m. | LiveWell Center (200 Wyckoff Rd., Suite 1200, Eatontown, NJ 07724)

Whip up a healthy meal in no time using short-cut ingredients! Join Jennifer Klein, MS, RDN, Regional Nutrition Manager at Monmouth Medical Center, live from our demonstration kitchen as she demonstrates a quick and healthy recipe utilizing simple kitchen short-cuts. This demo is being offered in collaboration with the RWJBH Oncology Survivorship Program.

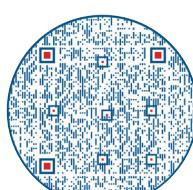
Please email LiveWellCenter@rwjbh.org if you wish to attend virtually.



Weight Management for Cancer Survivors

February 24 | 6:00 p.m. to 7:00 p.m. | Virtual

Weight management can be a difficult lifelong challenge to many people and perhaps even more to those that have undergone cancer treatment. Join us for a supportive talk on weight management after cancer. Deanna Schweighardt, RDN, CDCES, from Nutrition Counseling Services at the RWJBarnabas Health Ambulatory Care Center, will provide you with encouragement as well as share some simple, practical tips to help you manage your weight in a healthy and sustainable way.



This program will be hosted on Zoom. Advanced registration is required.

Please scan the QR code or visit rwjbh.org/events and search by event name.

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