

Meal Planning 101:

Planning Easy, Nutritious Meals When You or a Loved One has Cancer

Thursday, April 21, 2022

3:00 p.m. - 4:30 p.m.

Guest Speaker:



Angela Martens, Dietitian, CCMB

Learn how to:

- Identify barriers to meal planning and food preparation
- Plan a basic menu
- Locate helpful tools/resources to assist with meal planning

This session will be offered online through Zoom.

To register, call: CancerCare Manitoba 204-787-2970 or 1-866-561-1026