The Cancer-Fighting Kitchen: Nourishment for Life
July 12, 2014 • Kenmore, WA

Lise Alschuler, ND and Laura Pole, RN, MSN
Cancer Fighting Kitchen: Seattle, WA, July 2014

SCHEDULE FOR THE DAY

8:00 a.m. Registration opens
9:00 a.m. Introduction - Jan Adrian, MSW, Dir. of Healing Journeys
9:15 a.m. Foundational Nutrition for Optimizing Cancer Surviviorship - Lise Alschuler
10:15 a.m. Movement with Laura Pole
10:30 a.m. Break
11:00 a.m. Cooking Demonstration by Laura Pole
12:30 p.m. Nutritious Delicious Lunch of the same recipes - Laura has demonstrated
1:30 p.m. Introduction to Guided Imagery - Jan Adrian
2:00 p.m. A Day in the Life of a Healthy Survivor - Lise Alschuler
2:45 p.m. Break
3:00 p.m. Movement with Laura Pole
3:15 p.m. Q&A with Lise and Laura
4:00 p.m. End of Program

WORKSHOP INFORMATION

Registration Fee (includes lunch)
Early Registration $89 if received by June 16
Registration $109 if received by July 7
Late Registration $125 after July 7 (if space available; may not include lunch)

Location
Bastyr University Auditorium (Seattle)
14500 Juanita Dr., NE, Kenmore, WA 98028

Date and Time
Saturday, July 12, 2014 • 9:00 a.m. to 4:00 p.m.

Lunch - a delicious, healthy lunch, prepared using the same recipes that are demonstrated in the class, will be provided.

Continuing Education
Approved for 7 CE credits for RN, MFT and LCSW; pending approval for 5 CPEUs for RD/DTR. Healing Journeys is approved by the California Board of Registered Nursing, Provider No. CEP 10808 and by the California Board of Behavioral Sciences, Provider No. PCE 953. This workshop has been submitted for approval to the Commission on Dietetic Registration.

There is an additional $10 processing fee for Continuing Education credits.

Cancellations
Cancellations received in writing or online by July 7th will receive a refund for the workshop fee and CEs, less a $25 administrative fee.

For Further Information
email info@healingjourneys.org
tel 916-391-0549 toll free 800-423-9882
or www.healingjourneys.org

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Note: You may register online or by mail/fax.

PAYMENT: A MOUNT ENCLOSED $ ___________________________
NAME: ___________________________ SIGNATURE: ___________________________
ADDRESS: ___________________________ CITY: ___________________________ STATE: ___________________________ ZIP: ___________________________
PHONE: ___________________________ EMAIL: ___________________________

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MC/Visa/Discover Only

BILING ADDRESS

Please make checks payable to:
Healing Journeys
Post Office Box 221417, Sacramento, CA 95822
toll free 800-423-9882 tel 916-391-0549 fax 916-391-1004
info@healingjourneys.org • www.healingjourneys.org

*Our Cancer as a Turning Point conferences are free. To help us cover the cost of providing them, we also offer fee-based workshops.

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