



Central Georgia Cancer Coalition  
 PO Box 25  
 Macon, GA 31202

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 Macon, GA  
 Permit # 32

**The Cancer-Fighting Kitchen:  
 Nourishment for Life**

FRIDAY, MAY 30, 2014  
 9:00 a.m. TO 4:00 p.m.

Vineville United Methodist Church  
 2045 Vineville Ave.  
 Macon, GA 31204

Approved for 7 CE credits for RN, MFT, LCSW



# The Cancer-Fighting Kitchen: Nourishment for Life

Lise Alschuler, ND and Laura Pole, RN, MSN

May 30, 2014 • Macon, GA



Presented by



support healing, activate hope, promote thriving



Central Georgia Cancer Coalition

A focused initiative of **chw**  
 community health works

and



**LISE ALSCHULER, ND**, is board certified in naturopathic oncology and has been practicing naturopathic medicine for 20 years. Dr. Alschuler is the past-President of the American Association of Naturopathic Physicians. She is co-author with Karolyn Gazella of *The Definitive Guide to Cancer: An Integrative Approach to Prevention, Treatment, and Healing*, now in its 3rd edition. Their follow-up book, *The Definitive Guide to Thriving After Cancer: A Five-Step Integrative Plan to Reduce the Risk of Recurrence and Build Lifelong Health*, was published in October 2013. They have created *FiveToThrivePlan*, a multimedia initiative dedicated to sharing information about integrative cancer prevention and treatment. Dr. Alschuler has received professional recognition and many awards for her work in integrative medicine. She was diagnosed with breast cancer in 2008 and thrives today!

[www.DrLise.net](http://www.DrLise.net) and [www.FiveToThrivePlan.com](http://www.FiveToThrivePlan.com)



**LAURA POLE, RN, MSN**, President of Eating for a Lifetime, is a Health Supportive Gourmet Chef, an Oncology Clinical Nurse Specialist, Certified Nia Fitness Instructor, and a professional musician with over 30 years experience in health care, health education and entertaining people. Laura first learned the art of good cooking in Louisiana at the apron strings of incredible Cajun and Creole home cooks. She blends her passions for food, entertaining and health into a career of nurturing people. Laura is considered an authority in shaping the field of health-supportive cooking for people with serious illness. Chef Laura is Director of Nourishment Education Programs for Smith Center for Healing and the Arts in Washington, DC. She also serves as Head Chef for their Cancer Help Program Retreats.

[www.EatingForALifetime.com](http://www.EatingForALifetime.com)



# The Cancer-Fighting Kitchen

## SCHEDULE FOR THE DAY

- 8:00 a.m. Registration opens
- 9:00 a.m. Introduction
- 9:15 a.m. *Foundational Nutrition for Optimizing Cancer Survivorship*  
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. A word from local health professionals
- 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



### At This Workshop You Will Learn

- Diet strategies that strengthen the body's resistance to cancer, complement medical care, and bolster recovery after treatment;
- The importance of weight management to reduce cancer risk;
- Which foods are most important to avoid (and explore healthy substitutes);
- How some foods (and spices) can alter gene expression, turning off cancer-promoting signals;
- Some standard laboratory tests that can give you and your doctor a look at your nutritional status and health status;
- Key dietary supplements to support a cancer-fighting diet;
- How to use flavor carriers to create healthy food that tastes great;
- The role of exercise in nourishing health during and beyond cancer treatment;
- How to integrate nourishing self-care practices into your life.

## WORKSHOP INFORMATION

### Who Should Attend

- Anyone wanting to promote healing of body, mind, and spirit
- Women and men touched by cancer or any life-altering illness
- Healthcare providers
- People supporting friends or family coping with cancer or other illness

### Registration Fee (includes lunch)

Registration \$10 if received by May 25  
Late Registration \$20 **online only** (if space available; may not include lunch)

### Location

Vineville United Methodist Church  
2045 Vineville Ave., Macon, GA 31204



### Date and Time

Friday, May 30, 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

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. The Georgia Composite Board (Professional Counseling, Social Work, and Marriage and Family Therapy) will accept this California Board of Behavioral Sciences approval. This workshop is approved for 7 CE credits. There is an additional \$10 processing fee for Continuing Education credits.

### Cancellations

We regret that there can be no refunds.

### Additional Dates and Locations

July 12, 2014 Bastyr University, near Seattle, WA  
For information about the Seattle workshop, or the Healing Journeys *Cancer as a Turning Point, From Surviving to Thriving*™ free conference, go to [www.HealingJourneys.org](http://www.HealingJourneys.org)

### For Further Information about the Macon Workshop

478-254-5225 or [www.centralGAcancer.org](http://www.centralGAcancer.org)

## Celebrating National Cancer Survivors Day The Cancer-Fighting Kitchen: Nourishment for Life

Vineville United Methodist Church  
2045 Vineville Ave., Macon, GA 31204  
Friday, May 30, 2014 - 9:00 a.m. to 4:00 p.m.

**Note: You may register online, at [www.centralGAcancer.org](http://www.centralGAcancer.org), or by mailing a check with this form.**

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

PHONE: \_\_\_\_\_ EMAIL: \_\_\_\_\_

### WORKSHOP FEE\* (INCLUDES A DELICIOUS, NUTRITIOUS LUNCH!)

- Registration: \$10 if received by May 25, 2014
- Late Registration: \$20 **online only** (if space available; may not include lunch)
- Yes, I would like 7 CE credits for an additional fee of \$10.

License #: \_\_\_\_\_ Kind of License: \_\_\_\_\_

In what state are you licensed? \_\_\_\_\_

Total of enclosed check \_\_\_\_\_

**CANCELLATIONS:** We regret that there can be no refunds.

### PLEASE MAKE CHECKS PAYABLE TO:

**Central Georgia Cancer Coalition**  
Post Office Box 25, Macon, GA 31202  
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[cgcc@chwg.org](mailto:cgcc@chwg.org) • [www.centralGAcancer.org](http://www.centralGAcancer.org)

