Rebecca Katz, MS is the author of The Cancer Fighting Kitchen: Nourishing Big Flavor Recipes for Cancer Treatment and Beyond and One Bite at a Time: Nourishing Recipes for Cancer Survivors and Their Friends. She consults, lectures and does culinary demonstrations for leading health-care institutions including UC San Francisco and Stanford Cancer Center. She is the Senior Chef at Commonweal Cancer Help Program in Bolinas, California. She holds a Masters of Science degree in Health and Nutrition Education and received her culinary training from the Natural Gourmet Institute for Health and Culinary Arts.

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Jeanne Wallace, PhD, CNC

Friday March 19, 2010
9 a.m. to 3:30 p.m.

The Katz Cancer Resource Center
Dominican Hospital Education Center
1555 Soquel Dr.
Santa Cruz, CA

Approved for 6 CE credits for RN, MFT, LCSW

The Cancer-Fighting Kitchen

with
Rebecca Katz, MS
and
Jeanne Wallace, PhD

The Cancer-Fighting Kitchen

present

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**The Cancer-Fighting Kitchen**

**SCHEDULE FOR THE DAY**

- **8:00 a.m.** Registration opens
- **9:00 a.m.** Presentation by Jeanne Wallace, PhD
- **10:30 a.m.** Break
- **10:45 a.m.** Cooking demo with Rebecca Katz, MS
- **12:15 p.m.** Nutritious Delicious Lunch
- **1:30 p.m.** Discussion and Q & A
- **3:30 p.m.** End of program

**WHO SHOULD ATTEND**

- Anyone wanting to promote healing of mind, body, and/or 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

**WORKSHOP OBJECTIVES**

- Learn diet strategies that strengthen the body’s resistance to cancer, complement medical care and bolster recovery after treatment
- Discover specific foods that can significantly boost the body’s innate ability to resist cancer
- Understand which foods are most important to avoid (and explore healthy substitutes)
- Learn how some foods (and spices) can alter gene expression, turning off cancer-promoting signals
- Demonstrate, with audience participation, how to use flavor carriers to create healthy food that tastes great and is good for you
- Show how to use herbs and spices to boost the immune system
- Increase participants’ confidence in their cooking abilities so they will be better able to nourish themselves and their families

**WORKSHOP INFORMATION**

**REGISTRATION FEE:**
- $79 Early Bird Registration by Feb. 15
- $99 Regular Registration by March 15
- $125 After March 15 (space available and won’t include lunch)

**PARTIAL SCHOLARSHIPS & WORK EXCHANGE:**
If you want to attend and are financially challenged, you can apply for a partial work exchange or partial scholarship. Complete the request at www.healingjourneys.org, or call (800) 423-9882 to have a form sent to you.

**LOCATION:**
The Katz Cancer Resource Center
Dominican Hospital Education Center
1555 Soquel Dr,
Santa Cruz, CA
Parking is free.

**DATE AND TIMES:**
Friday, March 19, 2010, 9 a.m. to 3:30 p.m.

**LUNCH:**
A delicious, healthy lunch, using recipes from Rebecca’s books, will be provided.

**CONTINUING EDUCATION:**
Healing Journeys is approved by the CA Board of Registered Nursing, Provider No. CEP 10808 and by the CA Board of Behavioral Sciences, Provider No. PCE 953. There is an additional $10 processing fee for 6 CE credits.

**CANCELLATIONS:**
If cancellations are received in writing prior to March 15, a refund (less a $15 processing fee) will be made. No refunds after March 15.

**THANKS TO OUR PARTNERS**

- The Leukemia and Lymphoma Society
- David Wells of GrandmaDave.com
- Dominican Hospital Foundation

**SPECIAL OFFER:**
Specially priced copies of "The Cancer-Fighting Kitchen" will be offered at the workshop.

**PAYMENT**
Check amount enclosed $__________________
MC/Visa Only ____________________ Exp. Date _______
Billing Address _____________________________________________
Signature _____________________________________________

Register Online: www.healingjourneys.org
By Fax: (916) 391-1004
By Phone: (916) 391-0549; (800)-423-9882
By Mail: P.O. Box 221417, Sacramento, CA 95822
Make checks payable to: Healing Journeys

**CANCER-FIGHTING KITCHEN**
The Katz Cancer Resource Center
March 19, 2010 – 9:00 a.m. to 3:30 p.m.

**REGISTRATION**
Name: _____________________________________________
Address: ___________________________________________
City: __________________ State: ____ ZIP: ____________
Phone:(___) _________ Cell/Work:(___) ____________
Email: ___________________________________________