



support healing, activate hope, promote thriving

PO Box 221417
Sacramento, CA 95822

The Cancer-Fighting Kitchen

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

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Healing
Journeys

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 **The Katz Cancer Resource Center**
Dominican Hospital
A member of CHW

Women CARE
Women's Cancer Advocacy, Resources & Education

present

The Cancer-Fighting Kitchen

with
Rebecca Katz, MS
and
Jeanne Wallace, PhD

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



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.

Rebecca is re-defining the concept of health-supportive cuisine that's proving deliciously irresistible to patients and professionals alike. Using equal parts warm kitchen-table wisdom and credible scientific knowledge, Rebecca has helped thousands of people improve their health as they battle chronic diseases such as cancer, diabetes, and obesity. She will provide the practical help with healthy eating that you have asked for. www.rebeccakatz.com



Jeanne Wallace, PhD, CNC is an authority in integrative cancer care, educating cancer patients and their health-care providers about evidence-based dietary, nutritional and botanical support to complement conventional oncology care. After earning her PhD in Nutrition in 1998, Dr. Wallace pioneered a multi-modal approach using nutrition

to target multiple aspects of cancer physiopathology. She specializes in primary malignant brain tumors and also has extensive experience working with other cancers. She is the author of numerous articles, has lectured widely on cancer and nutrition, and serves as a consultant to many oncologists and cancer centers across the U.S. and abroad. She is Board Certified in Holistic Nutrition, and is a member of the National Association of Nutrition Professionals and the Society of Integrative Oncology. www.nutritional-solutions.net

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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

Specially priced copies of "The Cancer-Fighting Kitchen" will be offered at the workshop

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**

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: _____

WORKSHOP FEE* (including a nutritious lunch!)

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- \$99 Regular Registration by March 15, 2010
- \$125 after March 15 (space available and won't include lunch)
- \$10 additional fee for 6 Continuing Education Credits approved for RN, MFT, and LCSW

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

PAYMENT

Check amount enclosed \$ _____

MC/Visa Only _____ Exp. Date _____

Billing Address _____

Signature _____

info@healingjourneys.org • www.healingjourneys.org