

# A New Way to Look at Nutrition and Weight Management for Cancer Survivors



**Saturday, March 10<sup>th</sup> 2:00-4:00pm**

**Presented by Stacy Kennedy, MPH, RD, CSO, LDN and Russ Kennedy, Psy.D., M.A.**

Stacy is a clinical nutritionist at the Brigham and Women's Hospital/Dana Farber Cancer Institute in Boston. A Board-Certified Specialist in Oncology Nutrition, Stacy is an Integrative Nutritionist with the Zakim Center for Integrative Therapies. She is also featured in the film "Fat, Sick and Nearly Dead."

Russ has a PsyD in Health Psychology and is currently a Behavioral Specialist at Wellness Guides. His doctoral work and research with NIH focused on the psychology of healthy behavioral change. Russ has significant experience working with people who have a cancer diagnosis and their caregivers.



Formerly The Wellness Community Mass South Shore

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**Space is limited; call for information and to register:** (781) 610-1490

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**All of our programs are offered at no cost to participants.**

**This program promotes well-being by introducing simple ways to make healthy eating a part of your everyday life. We discuss how a healthy, plant-based diet can:**

- **Maintain a healthy weight**
- **Help with disease prevention**
- **Promote cancer survivorship**
- **Promote longevity**
- **Improve energy levels**
- **Improve job or task performance**

Stacy and Russ are available to meet with individuals after their presentation