



HIGHLANDS
ONCOLOGY

Nutrition & Weight Management





Good nutrition is important if you have cancer because both the illness and its treatments can affect the way your body tolerates certain foods and uses nutrients. You might need to change your diet to help build up your strength and withstand the effects of cancer and its treatment.

Highlands Oncology offers weight management and nutrition classes to our patients at no charge. These classes are recommended by the physicians and medical staff at Highlands and will help provide valuable knowledge as it relates to your overall health.

Weight Management:

This class benefits individuals desiring to lose weight. The focus is on developing a lifestyle of eating that promotes maintenance of a healthy weight.

Nutrition:

This class benefits individuals who are newly diagnosed or undergoing treatment. The focus is on developing a healthy eating plan and strategy to deal with the side effects of treatment.

To register, visit: highlandsoncology.com