



HIGHLANDS  
ONCOLOGY



# Nutrition *for* Breast Cancer

Registered Dietitian led sessions on nutrition from diagnosis to treatment and survivorship.

week  
one

## Nutrition After Diagnosis

An introduction to the role of nutrition in cancer care, focusing on maintaining a healthy weight, meeting essential nutrient needs, and dispelling common nutrition myths.

week  
two

## Nutrition During Treatment

Guidance on managing treatment-related side effects through nutrition, preparing for surgery, and understanding the safe use of supplements to support healing and energy.

week  
three

## Nutrition for Survivorship

Evidence-based strategies to reduce recurrence risk and promote long-term health through balanced eating, bone support, and whole-food nutrition.



**Tuesdays  
at 4:30PM**

Highlands Oncology  
3901 Parkway Cir,  
Springdale, AR.

**Registration is required.**  
Please scan the QR code or visit  
**highlandsoncology.com**  
for more information and to register.