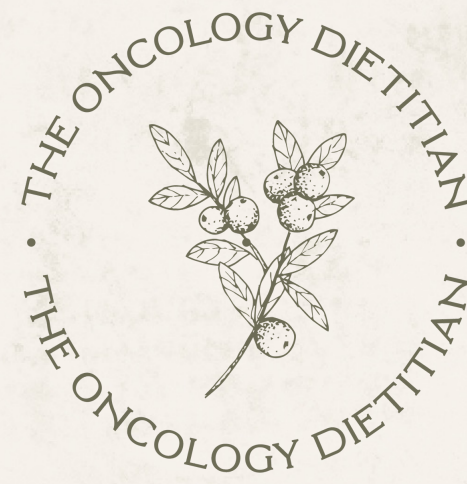


# Small Group Program Curriculum



Get a sneak peek of what we've got going on inside the Small Group Cancer Nutrition Coaching program!

## Option 1: Lecture Circuit During Treatment

### Week 1: Nutrition Needs of Adult Oncology Survivors

→ Consider this your crash course in everything you'll need to know about your nutrition needs moving forward. You'll learn how your unique needs change after treatment so you can prepare yourself for life after appointments.

### Week 2: Meal Prep and When Others Offer to Help

→ Leaving your meals to the last minute can be overwhelming and time-consuming. You'll learn how to quickly and efficiently meal prep so you can be as prepared as possible for the week ahead without spending hours in the kitchen every Sunday. We'll also cover how to respond when others offer to help so you know exactly how to respond and what to ask for when the situation arises.

### Week 3: Exercise Needs During Cancer Treatment

→ Movement can feel overwhelming and daunting during treatment... but it doesn't have to. When you choose to move your body simply because you want to, it completely changes your mindset around exercise. It's like a set of dominos - once you move your body regularly, you have better treatment outcomes which leads to sustained stamina and energy. We'll discuss ways to implement movement that feels good for your mind, body and soul.

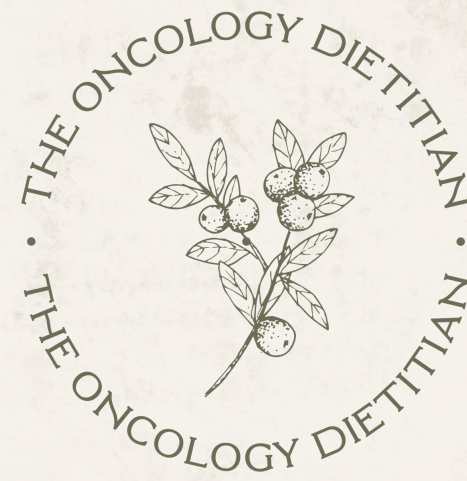
### Week 4: Debunking Cancer Nutrition Myths

→ Searching the Internet for advice on cancer nutrition is sure to leave you feeling like your head is spinning with confusion. In this lecture circuit, we'll debunk all of the most prevalent myths and fads so you're never wondering if lemon juice will cure your cancer again.

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# Small Group Program Curriculum



## Week 5: Nutrition Management Around Cancer Treatment Side Effects

→ Trust me, I've seen and heard it all when it comes to side effects. While they can be uncomfortable and make you feel like eating is impossible, I've got a solution for every one. We'll discuss what's going on with you right now and how we can mitigate side effects so you can nourish your body throughout treatment.

## Week 6: Dietary Supplements: Vitamins, Minerals and Herbs

→ The list of supplements that are recommended for survivors can be totally overwhelming. That's why we'll take the time together to break it down and make sure you know exactly which ones are dietitian-approved throughout your treatment.

## Week 7: Food Safety

→ Cancer and its treatment can weaken your body's immune system by affecting the blood cells that protect us against disease and germs. As a result, your body can't fight infection and disease as well as a healthy person's body can - I will help make sure you eat foods that support your immunity throughout the process.

During your treatment for cancer, there will be times when your body won't be able to defend itself very well. This is because you might not have enough infection-fighting white blood cells for a while. You may be told to try to avoid exposure to possible infection-causing germs. It's important to know that you can't raise your white blood cell counts by avoiding or eating certain kinds of foods. I can give them tips for handling, planning, and preparing food when their immune system is recovering between treatments

## Week 8: Cancer Treatment vs. Post-Treatment Nutrition Goals

→ Nutrition goals will change depending upon which stage you're at with your treatment. It's important to know what your next steps are once treatment is done and the appointments have ended so you have an action plan that fits into your lifestyle.

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# Small Group Program Curriculum



Get a sneak peek of what we've got going on inside the Small Group Cancer Nutrition Coaching program!

## Option 2: Lecture Circuit Post Treatment

### Week 1: 3 Key Cancer Prevention Components

→ Using nutrition to support prevention and reduce risk of recurrence is key for anybody who has finished their treatment. You'll walk away understanding the exact action steps that you need to implement into your life.

### Week 2: Adding in More Plants!

→ Ever hear the phrase, "eat the rainbow"? It's got a lot of validity to it! Those colorful fruits and veggies are packed to the brim with essential micronutrients, antioxidants, and phytochemicals that help your body to be as healthy as possible! You might be avoiding them because of what someone told you or gut concerns - that's okay. You'll walk away knowing exactly which ones to eat that'll support your goals and your taste preferences.

### Week 3: Reduce Cancer Risk with Physical Activity

→ Movement can be one of the most challenging things to implement when you're feeling run down from cancer-related fatigue. Good news, incorporating physical activity IS the thing that will help you to feel less fatigue and in turn, your best as you move forward with your life post-treatment. You'll learn how to incorporate movement that feels good and supports your lifestyle without stress or pressure.

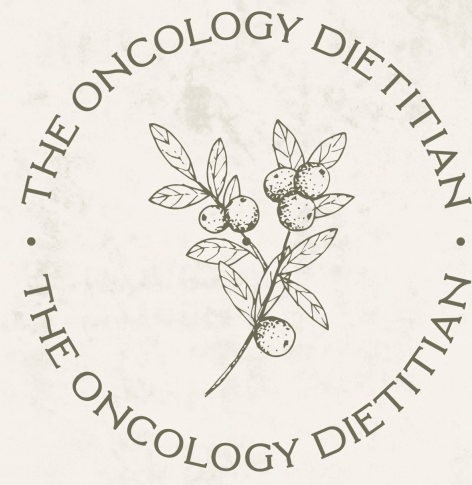
### Week 4: Maintain A Healthy Weight to Reduce Risk for 13 Cancers

→ Weight is one of the many factors that can impact risk of recurrence for survivors post treatment. We'll discuss ways to maintain weight that fit right in with your action plan so it's just one more thing that becomes a part of your treatment plan!

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# Small Group Program Curriculum



## Week 5: Supplements and Cancer

→ Seeing the list of supplements on Google is enough to make even the most confident survivor want to run for the hills. We'll go over all of the most important supplements that'll help reduce the risk for recurrence and won't break the bank.

## Week 6: Cancer Nutrition Myths

→ Between books, websites, and influencers there are enough cancer nutrition myths to fill up a football field (and then some). We'll bust through some of the most popular ones so you know exactly what is fact versus fiction.

## Week 7: Lifestyle Habits for Cancer Prevention

→ Often, the most important parts of a cancer prevention lifestyle have nothing to do with the food that you're eating and everything to do with the way you're treating your body. Factors like sleep, hydration, stress management, self-care and mindset reframes are essential to reducing risk of recurrence.

## Week 8: Maintaining a Cancer Prevention Lifestyle for Good!

→ Knowing what to do after our group program ends is as important as knowing what to do throughout our time together! You'll leave the Small Group Cancer Nutrition Program with an easily implementable action plan that fits right into your lifestyle so you're never left with the overwhelm of trying to figure out what to do ever again.

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