

## Preventing and Treating Cancer - The Role of Nutrition

January 18, 5 - 5:30 PM

Based on published scientific studies, what are the best things to eat to reduce your risks of cancer? Learn what evidence there is regarding the risk of recurrence of breast cancer. If we are genetically predisposed to cancer, is there any hope we can affect our genes? What non-traditional options do we have? Join us for this important learning opportunity! Cooking demonstration included.

This is a drop-in class which means that it is open to the public for a \$10 fee. Reservations are accepted and are recommended to guarantee your spot, but are not necessary. Call 864-306-4599 to reserve. Space is limited. As always, drop-in classes are free for members of Verity Primary Medicine.

## Verity One Year Patient Appreciation / Open House

January 25 5 - 7:30 PM

To celebrate Verity's one year birthday, we will be hosting an appreciation party for all current patients and all others who may be interested. We are pleased and honored to be able to serve our loyal patients. Drop-in for snacks and fun. Okay, and cake, we will have cake! Bring a friend, and if that friend enrolls (by Feb. 28) you will receive \$30 credit to your next Verity payment and they will receive \$30 off their first payment. Save the date.... We want to see you!