



# Cancer Chats

**Building Hope Through Knowledge**

**Bring your lunch, we'll provide drinks. Current patients, survivors and loved ones welcome.**

## Cancer, Diet and Nutrition

Learn how nutrition can provide lifetime health benefits.

**January 8 • noon - 1 p.m.**

NCMC: Caroline Kilpatrick, MS, RDN

MMC: Elizabeth Bracken RDN

## Stress Management and Self Care

Managing stress and taking care of yourself are essential parts of your health and recovery.

**January 15 • noon - 1 p.m.**

NCMC: Bethany Wiley, MPH, RYT

MMC: Hailey Peterman, RYT

## Life after Treatment

Managing expectations moving onward.

**January 22 • noon - 1 p.m.**

NCMC: Kristi Shaffer, LCSW

MMC: Heather Hester, LCSW

## Exercise and Cancer

Explore the benefits, precautions, and importance of staying active during and after cancer treatment.

**January 29 • noon - 1 p.m.**

NCMC: Bethany Wiley, MPH, RYT

MMC: Hailey Peterman, RYT

## Banner MD Anderson Cancer Center at North Colorado Medical Center

Cancer Center Conference Room

1801 16th Street • Greeley, CO 80631

Northeast entrance, follow signs to the Cancer Center

Contact: Kristi Shaffer, LCSW • 970-810-6683

## Banner MD Anderson Cancer Center at McKee Medical Center

Cancer Center Conference Room

2000 Boise Avenue • Loveland, CO 80538

Follow the signs to the Cancer Center

Contact: Heather Hester, LCSW • 970-820-4129



at North Colorado Medical Center  
and McKee Medical Center