



A FREE Telephone Support Program for Patients and Their Families/Caregivers/Loved Ones

Presented by



www.nbmtlink.org

Nutrition in Survivor Wellness

You will learn healthy tips on what you can do to maximize healing to feel your best and start the year off right. Heather Ann Younker, RDN, a transplant dietician from the John Theurer Cancer Center of Hackensack Meridian Health will present on this topic. Additionally, David Weinstein, a transplant survivor will share his personal experience on how diet affected his recovery. There will be plenty of time for relevant questions related to this topic. Please note: this session will not cover medical treatments or specific diseases.

To talk to Jen one-on-one regarding these or other topics, please email her at jennifergillette@nbmtlink.org. To register, please visit:

<https://pburkhard.wufoo.com/forms/z1onixw31t9g6c3/>

Dial-in information will be included on the registration form. Technical questions, call Peggy Burkhard at (248) 770-5172.

This series, scheduled for the THIRD WEDNESDAY OF SELECT MONTHS, will be facilitated by our staff Social Worker, Jennifer Gillette, MSW. This program is intended to provide much needed psychosocial and emotional support along with health information from national experts regarding critical topics surrounding cancer diagnosis and treatments. Lunch and Learn programs are open to all patients, their caregivers and loved ones. Each call will include a speaker presentation followed by adequate time for callers to speak, ask questions and hear from other participants.

Join us on

**WEDNESDAY,
JANUARY 16, 2019**

from

**12:00 NOON - 1:00 PM
EASTERN STANDARD TIME**