



Nutrition Workshops

The Roper St. Francis Cancer Center is offering FREE monthly nutrition classes in partnership with Levine Cancer Institute. For more information, call (843) 402-CARE (2273).

Healthy Cooking Club

Use the latest nutrition research to make delicious and quick dishes. New seasonal recipes are demonstrated every month. Whether you are a seasoned cook or new to the kitchen, you will learn fun new ways to eat better.

Thursdays, July 12, August 2 and September 6, 10:30 – 11:30 a.m.

NEW – Hot Topics in Nutrition: Sugar & Cancer

Find accurate, reliable information and the answers you are looking for! The topic changes every few months.

Tuesdays, August 14 or September 11, 10:30 a.m. – 12 p.m.

Breast Cancer Nutrition

There's a lot of confusion about what to eat during and after breast cancer treatment. Learn how to eat healthy during treatment and handle treatment-related symptoms.

Mondays, July 9, August 13 or September 10, 4 – 5 p.m.

Silver Nutrition

From age 30 through your 80s your body changes and so should your diet. Come learn strategies to maximize good health as you move forward.

Thursdays, July 12, August 9 or September 13, 12 – 1 p.m.

9 Nutrition Steps for Cancer Survivors

This class reviews healthy eating for any cancer survivor who has finished treatment. Learn how to apply the latest research to choose the best foods, understand food labels and prepare foods in a healthy way.

Tuesdays, July 17, August 21 or September 18, 10:30 – 11:30 a.m.

Plant-Based Nutrition

Cancer experts encourage everyone to eat more plant foods. This includes fruits, vegetables, whole grains and dried beans. Learn how to enjoy these delicious foods and avoid nutritional pitfalls when choosing a more vegetarian diet.

Thursdays, July 26, August 23 or September 27, 12:30 – 1:30 p.m.

**All classes are free and held at the Roper St. Francis Cancer Center in the Donna Fielding Cancer Wellness Institute, 3rd floor. Registration is required.*