There isn't a single food or food component that can protect you from cancer by itself. But there is strong evidence that a diet filled with a variety of plant foods like vegetables, fruits, whole grains and beans can lower the risk for many cancers. This live webinar will discuss the nutrition guidelines for cancer prevention to help you reduce your cancer risk with your food choices.

Presented by Florida Blue and

The Better You Team

Dates and Times:

Tuesday, Oct. 12th at 1:00pm ET/12:00pm CT

OR

Wednesday, Oct 13th at 5:00pm ET/4:00pm CT

Place:

Adobe Connect live webinar
Need Internet access to attend
Click on the date to register and get your unique link

Contact:

Patty Melanson, MBA, RDN, NBC-HWC
patty.melanson@bcbsfl.com
813.882.7698

To register for the event, click on the date you'd like to attend to get your unique URL to join the webinar!

Tuesday, Oct.12th at 1:00pm ET/12:00pm CT

Wednesday, Oct. 13th at 5:00pm ET/4:00pm CT

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