



# Fight Breast Cancer with Your Fork

***Tuesday, Oct. 7 at 11 a.m.***

Good nutrition may reduce the incidence of breast cancer and the risk of breast cancer progression or recurrence.

Find out what we know today about the impact of food on breast cancer risk and how to create a healthy anti-cancer diet.

Class held at FirstHealth Fitness Center classroom – Pinehurst.

170 Memorial Drive, Pinehurst

FREE for members and non-members.

Stop by the front desk or call (910) 715-1800 to register.

Questions? Contact Ashley Carpenter, RD at (910) 715-2674.

[www.firsthealth.org/fitness](http://www.firsthealth.org/fitness)

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