

Dartmouth Cancer Center presents

THRIVING THURSDAYS

Virtual Event

Dartmouth
Cancer Center



Mind and Body Wellness When Stressed

February 19, 6-7pm

Nicole Parker, RD, CNSC, LD, RYT200

Outpatient Oncology Dietitian
Oncology Yoga Instructor

In this healthy eating discussion, we take a holistic approach to managing stress and learn about beneficial foods, mindful habits and some practical tips we can use.

Free & Open to the Public. All cancer survivors, care partners, and community members are welcome.

Register using the QR code below.

For additional questions please contact
cancersupport@hitchcock.org



Thriving Thursdays is a collaboration between Dartmouth Cancer Center and the American Cancer Society