



Whole Body Whole Health Cancer Series

California State University, Northridge

ABOUT OUR PROGRAMS

The Whole Body Whole Health (WBWH) program is here to make cancer education and support services widely accessible to individuals affected by cancer, including support persons to individuals diagnosed with cancer, in the San Fernando Valley and greater Los Angeles communities.

TYPE OF CLASSES

We are here to help individuals in cancer treatment or recovery by providing FREE interactive wellness workshops such as:

- Nutrition education
- Live cooking demonstrations
- Yoga
- Cooking classes
- Mindfulness activities
- Gardening tips to learn how to grow nutritious foods

These workshops are taught by experts such as registered dietitian nutritionists, chefs, master gardeners, and yoga and mindfulness instructors to provide individuals the chance to learn about healthy nutritional habits and the impact of food in relation to cancer. Interactive food demonstrations and cooking classes will focus on creating meals with ingredients that are affordable and accessible at any local store and take minimal steps to prepare..

Any individual that has been diagnosed with cancer or affected by cancer, including support persons to individuals living with cancer are eligible.

SCAN ME



Please visit our website for more information.
www.csun.edu/marilyn-magaram-center/whole-body-whole-health