



Free patient support class:

Muscle mass

For people with cancer

Monday, November 9

12:30-2PM

Christus Cancer Center

Community Room

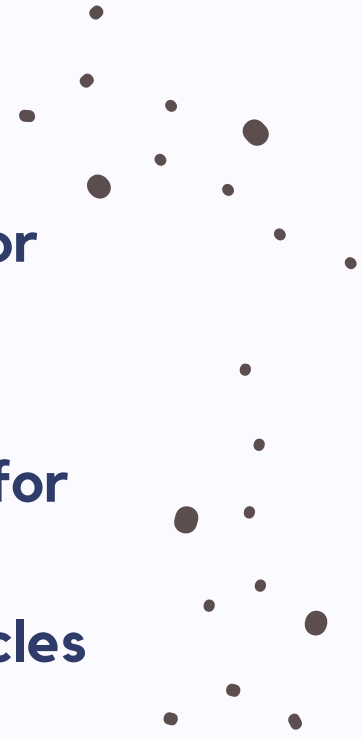
2nd Floor



To register, contact: Phy Encluna (505) 913-8951

phyliss.encluna@christushealth.org

LEARN:

- Why muscle mass is important for health and quality of life
 - How to keep your muscles!
 - How to find activity that works for you during and after treatment
 - How to eat to support your muscles
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Presenters:

Katherine Lautenbach is a cancer exercise specialist, personal trainer, yoga instructor and cancer survivor. She leads the cancer center's chair yoga classes and is passionate that exercise belongs in cancer care

Elizabeth Roadhouse, MS, RD, LD, CSO, is an oncology dietitian with over 15 years of experience who specializes in working with clients to find foods that work for them during and after treatment

