



NUTRITION & CANCER: FUELING OUR SURVIVAL WITH PLANTS

Thursday, May 5, 1:30 - 2:30 PM

While causes of cancer and its recurrence are multidimensional, a growing body of science is showing just how powerful nutrition can be in prevention and even in treatment. The American Institute of Cancer Research's website now states, "Scientific evidence shows that eating mostly plant-based foods — whole grains, vegetables, fruits, and beans — plays a big role in preventing cancer and contributing to a healthier life." Dig into this hopeful area of study, and how to make more unprocessed plant foods part of your daily fare, with Lianna Levine Reisner, Network Director of Plant Powered Metro New York, a health empowerment organization supporting our multicultural communities to take charge of our health with plants.



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Plant Powered Metro New York empowers people to find better health and overcome chronic disease through whole food, plant-based nutrition.