

Webinar

MSK Direct Presents: Nutrition, Wellness, and Reducing Cancer Risk

Thursday, February 15, 2024 • 1:00 p.m., ET

Join us to learn about how nutrition and overall wellness may help reduce your risk for cancer.

The choices we make in our daily lives, from dietary preferences to regular exercise routines, play a pivotal role in reducing the risk of cancer. Introducing small yet impactful changes into your daily routine can help lower your risk of cancer on a day-to-day basis. It may seem daunting at first, but MSK Direct is here to make it simple with easy tips.

Please join Memorial Sloan Kettering Cancer Center's registered dietician Cara Anselmo as she answers your wellness questions and learn:

- Easy nutrition swaps and what foods to incorporate for a healthy diet
- The benefits of daily movement (and how to easily incorporate it into your busy lives)
- Nutrition myths and misinformation

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SPEAKER: Cara Anselmo, MS, RDN, CDN

Cara is a registered dietitian nutritionist. She has served as an outpatient nutritionist at Memorial Sloan Kettering Cancer Center's Evelyn H. Lauder Breast Center since 2007.