

FREE Patient Education Program

Feeding A Healthy Gut Microbiome

October 22, 2019

Tuesday (10:30am – 2:00pm)

Rutgers Cancer Institute of New Jersey
195 Little Albany Street (1st floor - Auditorium A)
New Brunswick, NJ 08903



This workshop is for patients, family members, and caregivers. The program includes a cooking demonstration by chefs who will prepare recipes featuring foods that support the importance in digestive health.

The gut microbiome is a community of 100 trillion bacteria residing in our digestive tract. This bacterial community plays a key role in supporting healthy digestion, stabilizing mood, modulating inflammation and building immunity.

Gain an understanding of the impact genetics, diet, stress and the environment has on the microbiome. Learn about a variety of whole foods to build and nourish healthy gut bacteria. Join us for an interactive and delicious 90 minutes of information, cooking, and sampling of whole food recipes to prepare at home to support a happy, healthy gut.

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| 10:30- 10:45 | Registration (Pre-registration required) |
| 10:45 -11:00 | Introduction: Lori Magoulas, PhD, RD; Tracy Meissner, RD (Rutgers Cancer Institute) |
| 11:00 – 11:30 | Food, Feelings and Cancer (coping during cancer treatment, relationship with food, any obstacles)
Jill Kaplan, LCSW (Cancer Support Community of Central New Jersey)
Stephanie Quiroga, LCSW (Rutgers Cancer Institute) |
| 11:30 - 1:00 | Lecture and Cooking Demonstration (includes food sampling)
Elisa England, RDN & Ellen Petrosino, RDN - Living Plate |
| 1:00 – 1:15 | Clinical Dieticians (Who we are and how we can help)
Kristin Waldron RD, CSO (Rutgers Cancer Institute) |
| 1:15 – 2:00 | Questions, Answers & Wrap-up |

SIGN UP TODAY!

Registration is FREE but space is limited. Pre-registration is required.

To register, email: cinj-patienteducation@cinj.rutgers.edu or call 732-235-8093