

# Introducing... Cancer Sisters Suppers!

THE  
**SUPPERS**  
PROGRAMS



*Suppers* will now serve people whose lives have been affected by their own or someone else's cancer. New meetings will start in September 2015.

*Facilitators* of The Suppers Programs are scheduling an array of home-based meetings in support of women with cancer or post cancer treatment who decide to make diet and lifestyle changes part of their plan for life.

Suppers makes no recommendations about which changes to make; what we do is teach delicious whole food preparation and create a warm environment where women strengthen their ability to live according to their intentions instead of their impulses and old habits. The program is free to members, we just cover our meal costs, \$10 to \$15 depending on the menu.



## Please Meet our Cancer Sisters Suppers Facilitators!



*Mireille*, will host a Monday lunch time meeting monthly. Mireille's "Paleo" menus will be based on the work of David Servan-Schreiber's *Anticancer: A New Way of Life* and Dr. Terry Wahls' Diet. Mireille is a yoga instructor, working with the Breast Cancer Resource Center in Princeton. Meeting themes will include being in parasympathetic mode, looking at relaxation as anti-inflammatory, practicing conscious eating and book discussions



*Fiona*, will host one Cancer Sisters Suppers per month at lunchtime. She is a registered nurse, diabetes educator and integrative health coach (Duke Integrative Medicine) and cancer survivor. Fiona has a passion to eat, live and teach about natural foods. Her meeting is for women post treatment who want to form community with like minded women to support each others efforts to embrace a healthy diet and lifestyle, and to give and get understanding around the challenges.



*Dor*, will host a monthly dinner meeting on a Wednesday night for people whose lives have been touched by their own or someone else's cancer. The "vegan plus one" menus will prioritize plant-based food preparation plus one very clean source of animal protein for those who want it. Guest speakers and discussion themes will focus on how to lead a detoxifying life.