

# Memorial Health Care System

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FOR IMMEDIATE RELEASE

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## *Superfoods for Everyone: Foods for Cancer Prevention and Better Health*

*Free series, Strong and Smart: Living Well With Cancer, supports cancer survivors, patients*

Chattanooga, TN – Chattanooga area residents will have an opportunity to can learn about foods for cancer prevention and better health at a dial-up seminar on **August 18 at 1 p.m.**

Superfoods for Everyone: Foods for Cancer Prevention and Better Health is part of the Strong and Smart: Living Well With Cancer dial-up seminar series. Participants listen via phone, view presentations online and ask presenting experts questions.

To register for the free one-hour educational event, call 800-278-7837.

The August seminar will cover:

- The anti-cancer meal model
- Superfoods for disease prevention
- Food purchasing and preparation tips

Presenter Autumn Mastroianni is a registered dietician at Saint Joseph Cancer Center Resource Services in Lexington, Ky. Autumn is a graduate of the University of Missouri in Columbia. She provides cancer patients, their families and care givers information about the connections between nutrition, disease prevention and managing the effects of cancer treatment.

“A healthy diet can help prevent cancer and other diseases,” said Joe Robb, director of the Memorial Cancer Institute. “During this seminar, patients can learn more about nutrition as it relates to cancer treatment, ask questions relevant to their needs and connect with others facing similar challenges—all without ever leaving their home or workplace.”

The Strong and Smart: Living Well With Cancer dial-up seminar series is presented by Memorial Health Care System. This education series is offered in collaboration with other Catholic Health Initiatives hospitals. A goal of the series is to make education and

information more readily available to a greater number of cancer patients in our community. To register for the free one-hour educational event, call 800-278-7837.

**Memorial Health Care System** is a not-for-profit, faith-based healthcare organization dedicated to the healing ministry of the Church. Founded by the Sisters of Charity of Nazareth and strengthened as part of Catholic Health Initiatives, it offers a continuum of care including preventative, primary and acute hospital care, as well as cancer and cardiac care, orthopedic and rehabilitation services. Memorial is a regional referral center of choice with 4,000 associates and more than 700 affiliated physicians providing health care throughout Southeast Tennessee and North Georgia. Memorial Health Care System is recognized as one of the nation's 100 Top Hospitals® by Thomson Reuters, the health care industry's leading source of information on hospital quality. To learn more, visit [www.memorial.org](http://www.memorial.org).

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