

Quarterly Newsletter

Be a Friend for the Journey

Did you know our non-profit, The Healing Journey Foundation, runs solely by donation? Our goal is to raise \$10,000 in 90 days. This goal can be obtained by 400 people donating \$25 each. The collection will begin May 1st and finish on August 1st along with a reception celebration from 6:00 pm-8:00 pm. The donations will be tracked on a money meter in the waiting room at Lancaster Cancer Center and online. Every donation benefits a cancer patient along their journey. In order to make a donation, please visit <http://www.lancastercancercenter.com/foundation/make-a-donation> or at the Lancaster Cancer Center front desk. Thank you for your support.

Britt's Plate

Fight with Phytonutrients

On April 11th from 2:00 pm to 3:00 pm, our registered dietitian, Brittany Horst, will conduct a **FREE** cooking class based on the topic "Fight with Phytonutrients". Learn about these nutrients in fruits and vegetables that benefits the beyond strictly minerals and vitamins. To sign up or ask questions, please call 717-291-1313 ext 116. Class has a limit of 10 participants.

Mediterranean Diet Mix Up

On May 3rd from 10:00 am to 11:00 am, our registered dietitian, Brittany Horst, will conduct a **FREE** cooking class based on the topic "Mediterranean Diet Mix Up". Recent research has shown the benefit for this type of diet for prevention of heart disease and promotion of good health. To sign up or ask questions, please call 717-291-1313 ext 116. Class has a limit of 10 participants.

The Basic of Clinical Trials

At Lancaster Cancer Center, we have participated in clinical trials for over 30 years. On May 10th from 6:15-7:15, we will define clinical trials, review trials available at LCC, and provide resources for clinical trials. Food will be served. Please sign up by calling 717-291-1313 ext. 116.

Program Information is always posted around the office and on the website.

The Healing Journey Foundation

The Healing Journey Foundation is a non-profit organization that was formed to empower patients by giving them support in their journey. Donations enable the foundation to provide free services which help patients and their families cope with a cancer diagnosis. As a component of the vision of Lancaster Cancer Center, the Healing Journey Foundation was established in 1994 and continues to reflect our tradition of caring. Please visit www.lancastercancercenter.com/foundation for more information.