

From the SC Cancer Disparities Research Center

HEALTHY EATING & PHYSICAL ACTIVITY: A START TO A HEALTHIER YOU

Learn how to not self-sabotage during the holidays!

Presented by Shamaine Gentile, SC CADRE lay navigator

Virtual | Noon on Thursday, December 16

Register for this free 30-minute session
at ywcagc.org/healthy-eating



SC CADRE is a partnership between MUSC Health's Hollings Cancer Center & SC State University

SPONSORED BY

eliminating racism
empowering women
ywca
YWCA Greater Charleston

