



STRONGER *Together*

Be Well Talks hosted by High River Cancer Centre

Nutrition and the cancer journey

Erin Benner, RDN

Confused about what to eat after cancer treatment?

In this talk, you'll learn simple, evidence-backed strategies to boost your energy, reduce brain fog, and nourish your body in a way that supports recovery and everyday life after cancer.

We'll cut through the conflicting nutrition advice and focus on the few things that truly matter for feeling better — without restrictive diets, expensive supplements, or overwhelming rules. You'll walk away with practical steps you can start using immediately to feel more energized, more confident, and more in control of your nutrition.

Erin Benner, RDN is a Registered Dietitian Nutritionist specializing in cancer and survivorship care, offering blend of deeply personalized guidance, compassionate care and evidence-based expertise.

Date: Wednesday, Jan 28, 2026

Location: Munroe Barn, Sheppard Family Park. 1201 5 St SE, High River

Meal served: 5:30pm

Presentation time: 6:30pm



SCAN TO REGISTER

All Are Welcome, Free Admission

To register, please contact Carissa Boleziuk at HRCCC 403-652-0131

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