

Cancer Prevention: Empowering our Local Community

Join us for an engaging and informative class focused on cancer prevention strategies tailored to empower our local community. Gain valuable insights into the latest research, practical lifestyle changes, and proactive measures to reduce the risk of cancer incidence. Learn about the importance of early detection, healthy living habits, and environmental factors influencing cancer development. From nutrition and physical activity to stress management and environmental awareness, this class will provide simple, actionable steps for anyone to take charge of their health and well-being.

About Suzanne McMurry, ND, FABNO, Integrative Oncologist

An expert in the field of integrative oncology, Dr. McMurry graduated in 2011 from Bastyr University in Kenmore, Washington with a medical degree in Naturopathic Medicine. In 2013 she completed a two year residency in Integrative Oncology at Indiana University Health Goshen, now Goshen Health. During her residency she collaborated with oncologists, radiation oncologists, surgeons, primary care physicians, dietitians, mental health counselors and acupuncturists, delivering collaborative, evidence supported integrated cancer care.

Tacoma

When:

Thursday, July 10
12:00-1:00 pm

Where:

Soundview Building
3602 Pacific Ave, Suite 200
Tacoma, WA 98418

Hosted by:

St. Joseph Medical Center and Pierce
County Aging & Disability Resources

Gig Harbor

When:

Thursday, September 11
12:30-1:30 pm

Where:

Gig Harbor Senior Center
6509 38th Ave. NW,
Gig Harbor, WA 98335

Hosted by:

St. Anthony Hospital and Pierce County
Aging & Disability Resources

Lakewood

When:

Thursday, November 13
12:00-1:00 pm

Where:

Lakewood Senior Activity Center
Lakewood City Hall,
6000 Main Street SW,
Lakewood, WA 98499

Hosted by:

St. Clare Hospital and Pierce County
Aging & Disability Resources

Tacoma/Federal Way

When:

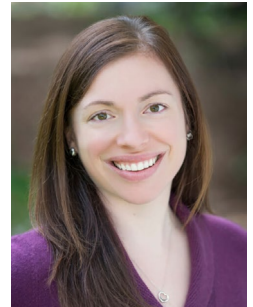
Thursday, June 5
1:00-2:00 pm

Where:

Resurrection Lutheran Church
4301 Browns Point Blvd.
Tacoma, WA 98422

Hosted by:

St. Francis Hospital and Pierce County
Aging & Disability Resources



**Suzanne McMurry,
ND, FABNO,
Integrative Oncologist**

**All events are free of
charge. No registration
required.**

To learn more, contact
Jamie Dobosz at jamie.dobosz@commonspirit.org
or (253) 530-2936.

**Special thanks to Cancer Lifeline
for supporting these live events.**