



# Bronx Oncology Living Daily

Cancer Wellness Program  
Programa de Bienestar Para el Cáncer



Montefiore

## 4 Week Weight Management Series *Virtual Workshops*

Lead by Montefiore Oncology Dietitian Rachel Padilla MS, RD, CDN



**January 25<sup>th</sup> - February 15<sup>th</sup>**  
**12:30-1:30pm**

If you are interested in learning about dietary and lifestyle habits to support healthy weight loss, please join us for this 4 week series!

- **Week 1:** Introduction to the Food Groups and Lifestyle Changes to Support Healthy Weight Loss
- **Week 2:** Meal Planning and Grocery Shopping
- **Week 3:** Portion Control and Dining Out
- **Week 4:** Mindful Eating and Exercise



**For more information and to join the list, contact us:**  
**[cancersupport@einsteinmed.org](mailto:cancersupport@einsteinmed.org); (718) 430-2380**

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