

# The Mediterranean Diet & Cancer Prevention

The Mediterranean diet is well known for being good for your heart-But did you know it can also help prevent cancer? Many foods followed in this eating style reduce inflammation and contain antioxidants that slow the development of cancer. Join us to learn about the Mediterranean diet and identify the foods that may help prevent cancer.

Presented FREE by Orlando Health UF Health Cancer Center

Wednesday, December 9, 2020

12:30 pm to 1:00 p.m.

Virtual Event

This program is open to team members and the community.  
Registration is required for link.

To register,  
email [CancerSupportCommunity@OrlandoHealth.com](mailto:CancerSupportCommunity@OrlandoHealth.com)  
or call 321.841.5056.

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