

STRAIGHT FROM THE KITCHEN: TIPS & RECIPES FOR HEALTHIER HOLIDAY EATING

LIVE SESSION: TUESDAY, NOVEMBER 24 • 11:00AM (CST)

Join us for a live cooking demo and let's get ready for the holidays together! We will demonstrate cooking and meal preparation techniques, how to reconstruct holiday meals by adding nutrient dense ingredients with cancer fighting benefits, and provide creative ways to incorporate seasonal ingredients.



Caryn Fields, MS, RD, CSO, LD, CNSC

Licensed Dietitian at Texas Oncology and Cancer Care Services

Caryn provides patients with evidence-based information and research strategies to create sustainable lifestyle changes rather than “quick fixes”. She delivers care to the oncology population by educating patients on nutrition support, symptom management, and strategies for weight maintenance. She received her bachelor and master of sciences in nutritional science from Oklahoma State University (Stillwater, OK) and completed an Accreditation Council for Education in Nutrition and Dietetics accredited Dietetic Internship. Caryn is a board certified specialist in oncology through Commission of Dietetic Registration and a certified nutrition support clinician through The American Society for Parenteral and Enteral Nutrition and The National Board of Nutrition Support Certification. She also holds a certificate of training in adult weight management through Commission on Dietetic Registration. Caryn enjoys trying new recipes and exploring the outdoors of Cowtown.

**Register for FREE today at
SurviveThriveWebinar.com**