

Cancer Educational Wellness Series

Program supported by a grant from the Climb for Cancer Foundation.



Marika Alois, MD

Marika Alois, MD, is an assistant professor in the division of general internal medicine in the department of medicine at the University of Florida College of Medicine. Dr. Alois specializes in integrative medicine and internal medicine and practices at UF Health Internal Medicine – Springhill. She received her medical degree from the Georgetown University School of Medicine, where she completed an internship at the Center for Mind-Body Medicine. Dr. Alois subsequently completed her family medicine residency at Beth Israel Deaconess Medical Center and fellowship training in integrative medicine at the Institute for Family Health at the Mount Sinai Downtown Residency in Urban Family Medicine.

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Nutrition in Cancer Prevention and Treatment

**Monday, September 27, 2021
1:30 to 2:30 p.m.**

Free class series

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Attention to diet and nutrition is an important part of a holistic approach to cancer prevention and treatment. This presentation will discuss the elements of an anticancer diet, explore easy anticancer meals and snacks, and address changes in taste and ways to stimulate appetite during cancer treatment.

This educational class is offered to cancer patients, family members and the community to promote health and quality of life. Classes are free and hosted online.

This month, the Cancer Educational Wellness Series presentation will be available ONLINE ONLY.
Visit UFHealth.org/cancer-educational-wellness-series for more information and to join the class via Zoom.



Palliative Care

For more information, please contact Chris Morgan at 352.733.1233 or email at christopher.morgan@medicine.ufl.edu.