



## PATIENT & CAREGIVER EDUCATION

# Healthy and Sustainable Eating for an Impact

What is sustainable eating? Learn simple ways to make environmentally friendly choices to nourish yourself and your community from MSK experts. Join Laura Kelly, Clinical Dietitian Nutritionist, and Shane Dunne, Sustainability Manager, to learn practical ways that you can have a nutritious and sustainable diet.

Topics include:

- Why incorporating more plants into your diet can improve your health, support your community, and have a positive impact on the environment
- How to engage in environmentally friendly nutrition choices and lifestyle practices
- Ways that Memorial Sloan Kettering is promoting sustainability for patients, staff, and the community

This program is open to everyone.