

Reduce Your Cancer Risk

Through Healthy Living



Please join us for valuable, educational sessions on reducing your cancer risk through nutrition, smoking cessation, an active lifestyle, and limiting alcohol.

Sessions Include:

Alcohol Use and Cessation

Umar Siddiqui, MD

Smoking Cessation

Kelly Chaudoin-Patzoldt, PsyD, LP

Nutrition and Cancer

Brenda Schwerdt, RDN, LD, CNSC

Exercise and Cancer

Eva Trueblood-Pearce, DPT



Tuesday, September 22, 2026 | 6:00 pm - 7:30 pm

First United Methodist Church - Duluth | 230 E Skyline Pkwy, Duluth, MN

This is a free event. Healthy snacks will be included.

To register, please email Toni.Franseen@aspirus.org or call 218.249.7636.

Walk-in's are also accepted without registration.

Sponsored in part by St. Luke's Foundation.

