



THE CANCER  
SOCIETY OF  
THE BAHAMAS

## Monthly General Meeting

# Health, Wellness & Nutrition



### Nutrition Tips

- Prioritize Whole Foods
- Consume Fruits and Vegetables
- Hydrate Throughout the Day

**WITH NUTRITIONIST  
REBECCA STRACHAN**



Meeting ID: 852 1087 7541  
Passcode: HEALTH2026

Tuesday, May 19, 2026  
6:30pm



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If you missed our May Monthly General Meeting, click the YouTube link below to watch it.

<https://www.youtube.com/watch?v=HL10vXTMs18>

Presented by Rebecca Strachan