



FIBER-RICH FOODS FOR A HEALTHY LIFESTYLE

Saturday, May 4th | 4:00 PM to 6:00 PM

A diet rich in high-fiber foods can benefit us by increasing good bacteria in our gut and reducing our risk of cancer—so how can we incorporate them into our daily meals? Find out during our groundbreaking Docs in the Kitchen program, created by the University of Arizona in partnership with Hacienda at the River.

Juanita Merchant, MD, PhD, chief, Division of Gastroenterology & Hepatology, and interim director, UArizona Cancer Center, and Kristina Gowin, DO, associate professor, Division of Hematology & Oncology, with our very own Executive Chef David Sullivan, will lead this informative cooking demonstration. We'll share small bites and wine along with a plated dinner featuring a delectable Mediterranean cuisine.



Space is limited for this exclusive event.
Please call 520-900-1274 to RSVP by May 2nd.

This event is a fundraiser with a portion of the ticket price going to the University of Arizona Foundation and net proceeds benefiting the University of Arizona Gastroenterology and Oncology programs. Tickets are \$100 per person, \$70 of which qualifies as a tax-deductible donation. Payments are processed by the University of Arizona.

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520-900-1274 • haciendariver.watermarkcommunities.com

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