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Expert on nutrition & cancer prevention to give free community lecture at PCC

PUEBLO – Her husband’s death from cancer at a young age left Susan Silberstein with two small children to raise and the determination to learn about the terrible disease that took away her life partner. Since then, Silberstein has dedicated her life to helping others avoid getting cancer and living healthier lives.

Now a nationally-recognized lecturer on nutrition and cancer prevention, Silberstein will speak on how to prevent cancer and other diseases by eating healthy in a speech she will give at 1 p.m. Wednesday, Aug. 20, in Pueblo Community College’s Hoag Theatre. It is titled “Are You Digging Your Grave With Your Fork?”

The lecture will discuss the four key principles of healthy eating for optimal energy, weight control, and protection against killing diseases like cancer, heart disease and diabetes. Focusing on the distinction between modern and ancestral eating habits, she will cover the main tenets of the Paleolithic diet.

Silberstein is the executive director of the Center for Advancement in Cancer Education, a non-profit agency that she founded in 1977 after her husband’s death. Since then, CACE has provided cancer support services to over 25,000 patients, families, and health care professionals.

She has authored the recipe book, “Hungry for Health” and is the creator of the video, “Breast Cancer: The Diet Connection.” She also edits Immune Perspectives magazine and is a trainer for Ultimate Health Group. Since 1977, Silberstein has coordinated dozens of health conferences, has appeared on hundreds of radio and television talk shows, and has counseled thousands of patients.

A Phi Beta Kappa and Fulbright scholar, Silberstein is the recipient of the Jefferson Award of the American Institute for Public Service and the Founder’s Award of the National Foundation for Alternative Medicine.

Admission is free and the public is invited, with registration beginning at 12:30 p.m. Hoag Theatre is in the lower level of the Davis Academic Building, which is located at the corner of Orman Ave. and Arthur St.

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Founded in 1933, Pueblo Community College is a premier teaching institution focused on providing academic and service excellence to help its students acquire the 21st Century skills needed to better their lives. An educational and technological leader, PCC fosters economic development and utilizes strong partnerships in the communities it serves through its Pueblo, Fremont and Southwest campuses.