

Healthy grilling recipes a good end to summer

Written by Holyoke Enterprise

It wouldn't be summer without barbeques and cookouts. To make them more healthy, executive chef Frank Caputo from Cancer Treatment Centers of America® at Western Regional Medical Center provided healthy grilling tips and some great summer recipes to try out this month—just in time for Labor Day parties.

CTCA® is located in Arizona and is honored to serve patients throughout the state of Colorado and the Rocky Mountain region.

“Nutrition and healthy eating habits should be an important focus for all of us, and it is especially vital for those who are battling cancer or are cancer survivors,” said Caputo. “Here at CTCA, we have information and resources available to help you focus on and succeed with your healthy eating goals. For cancer patients and survivors, specifically, our goal is to help you stay strong and nourished.”

Read the full story! Call the Enterprise about an e-subscription at 970-854-2811.

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