



# June 2024 Education Events

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## Your Connection to Evidence-Based Information

### **2024 Kitchen Series: Staying Food Safe at Summer Parties**

Thursday, June 6<sup>th</sup>, 2024 at 11am (EST)

Join Chef Michael Carnahan and Registered Dietitian Cameron Stauffer in their presentation as they discuss essential food safety practices to ensure your summer gatherings are not only fun but also free from any potential health risks, so you can savor every moment with peace of mind.

[Register Now!](#)

### **2024 Financial Wellness Series: Retirement Benefits and Estate Planning**

Thursday, June 13<sup>th</sup>, 2024 at 11am (EST)

This session will cover some of the most important rules associated with leaving your unused retirement benefits to your heirs.

[Register Now!](#)



### **2024 Support Series: Early Warning Signs of Cancer**

Thursday, June 20<sup>th</sup>, 2024 at 11am (EST)

This presentation will cover the typical signs/symptoms associated with cancers, review the general presentations of cancers as well as review preventative care strategies and cancer screening recommendations.

[Register Now!](#)

### **2024 Self Care Series: Mind-Body Practices to Calm Anxiety**

Thursday, June 27<sup>th</sup>, 2024 at 11am (EST)

Sometimes stress is caused by the constant worry of “What if?” and “What else?” Learn mind-body practices to shift out of worry and into resilience.

[Register Now!](#)

For cancer-related questions: (855) 366-7700

For questions about these events: [hello@mycancerbridge.com](mailto:hello@mycancerbridge.com)



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