



# May 2024 Education Events

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## Your Connection to Evidence-Based Information

### **2024 Kitchen Series: How to Create a Kitchen Garden, Cook from the Farmer's Market, and Eat Sustainably**

Thursday, May 2<sup>nd</sup>, 2024 at 11am (EST)

Join Chef Michael Carnahan and Registered Dietitian Cameron Stauffer as they explore the journey from garden to table, empowering you to embrace eco-friendly choices and delicious farm-fresh meals in your everyday life.

[Register Now!](#)

### **2024 Exercise Series: Aging and Weight Lifting**

Thursday, May 9<sup>th</sup>, 2024 at 11am (EST)

This webinar will identify age related changes and how incorporating strength training can significantly improve your ability to function and perform in all aspects of life.

[Register Now!](#)



### **2024 Support Series: Modifiable Risk Factors for Cancer Prevention**

Thursday, May 16<sup>th</sup>, 2024 at 11am (EST)

This presentation will cover the lifestyle choices and behaviors that we can change to reduce our chances of developing cancer.

[Register Now!](#)

### **2024 Self Care Series: Using Visualization for Calm and Clarity**

Thursday, May 23<sup>rd</sup>, 2024 at 11am (EST)

Learn to use your power of imagination for relaxation and resilience by exploring different visualization practices.

[Register Now!](#)

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

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



CancerBridge