



August 2024 Education Events

Your Connection to Evidence-Based Information

2024 Kitchen Series: Grocery Store Tips & Tricks

Thursday, August 1st, 2024 at 11am (EST)

Gain valuable insights and practical strategies to navigate the aisles efficiently, make healthier food choices, and optimize your shopping experience for a more nutritious and budget-friendly lifestyle.

Register Now!

2024 Exercise Series: Ouch! Prevention & Treatment of Common Lower Body Injuries

Thursday, August 8th, 2024 at 11am (EST)

This webinar will address common lower body injuries and pain generators, how to prevent them from occurring, and movements/exercises that can improve the pain.

Register Now!



2024 Support Series: Leukemia

Thursday, August 15th, 2024 at 11am (EST)

This presentation will cover the basics of Leukemia; what it is, risk factors, signs and symptoms, how it is treated, and complications.

Register Now!

2024 Self Care Series: Mindful Communication and Connection

Thursday, August 22nd, 2024 at 11am (EST)

Discover how to use mindful attitudes and practices to connect more positively with those around you.

Register Now!

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

For questions about these events: hello@mycancerbridge.com



CancerBridge