



February 2024 Education Events

Your Connection to Evidence-Based Information

2024 Virtual Kitchen Series: Meal Planning 101

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

Join Chef Michael Carnahan and Registered Dietitian Cameron Stauffer for tips and tricks on prioritizing meals made at home.

[Register Now!](#)

2024 Exercise Series: Posture and Core

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

Learn more about the importance of core strength in maintaining an upright posture. We will explore ways of reducing neck and back pain through core and posture exercises.

[Register Now!](#)



2024 Support Series: What you Need to Know About Multi-Cancer Detection Tests

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

Currently, there is growing enthusiasm for the possibility that you could have a special type of blood screening test to help detect various kinds of cancer. This presentation will describe what this kind of testing actually does and the currently understood pros and cons to this kind of testing.

[Register Now!](#)

2024 Self Care Series: Creating Space for Self-Care

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

Define “self-care” for yourself and explore ways to create more time and energy for the things that replenish and sustain you.

[Register Now!](#)

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

For questions about these events: **hello@mycancerbridge.com**



CancerBridge