



# December 2024 Education Events

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## Your Connection to Evidence-Based Information

### 2024 Support Series: Genetic Counseling 101

**Tuesday, December 3rd, 2024 at 11am (EST)**

Did you know that some families have a higher chance of getting cancer than other families? The holidays create a perfect time to connect with relatives and you can ask some health history questions while you're at it. In this webinar, our genetic counselor will review what questions you should be asking and when seeing a genetic counselor might be appropriate. She will explain the process of genetic testing and how the testing results may impact you and your family.

**Register Now!**



### 2024 Kitchen Series: Lightening Up Family Recipes

**Thursday, December 5th, 2024 at 11am (EST)**

Join Chef Michael Carnahan and Registered Dietician Cameron Stauffer for the last virtual kitchen of 2024. Learn how to transform beloved family recipes into healthier versions without sacrificing flavor, helping you and your loved ones enjoy both tradition and well-being on your plate.

**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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