

May 2024 Education Events

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 2nd, 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 Support Series: Modifiable Risk Factors for Cancer Prevention

Thursday, May 16th, 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 23rd, 2024 at 11am (EST)

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

Register Now!





