



# November 2024 Education Events

## Your Connection to Evidence-Based Information

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### 2024 Kitchen Series: Plant-Based Side Dishes for Holiday Dinners and Parties

Thursday, November 7th, 2024 at 11am (EST)

Elevate your holiday feasts with Chef Michael Carnahan and Registered Dietician Cameron Stauffer. Discover delectable and nutritious plant-based side dishes that will delight your guests and add a vibrant, flavorful twist to your festive celebrations.

[Register Now!](#)

### 2024 Financial Wellness Series: Year-End Tax Planning Tips

Thursday, November 14th, 2024 at 11am (EST)

This session will cover some tax moves that can be made before year-end and provide a preview of what the tax landscape will look like in the coming year.

[Register Now!](#)

### 2024 Self-Care Series: Winter Wellness Reflections

Thursday, November 21st, 2024 at 11am (EST)

As 2024 comes to an end, let's reflect on the best self-care practices from the year and use the lessons learned to create a vision for ongoing self-care into 2025. *\*\*This will be a work group with time for personal writing reflections included during the session.*

[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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