



# October 2024 Education Events

## Your Connection to Evidence-Based Information

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### 2024 Kitchen Series: Our Culinary Expert's Favorite Cookbooks, Blogs, and Recipe Inspiration

Thursday, October 3rd, 2024 at 11am (EST)

Discover a world of culinary inspiration with Chef Michael Carnahan and Registered Dietician Cameron Stauffer. Delve into a curated selection of resources and recommendations to elevate your cooking repertoire and ignite your passion for flavorful, health-conscious meals.

[Register Now!](#)

### 2024 Exercise Series: Aging and Weight Lifting Part 2

Thursday, October 10th, 2024 at 11am (EST)

This webinar builds on a previous webinar and addresses age related changes and how incorporating strength training can significantly improve your ability to function and perform in all aspects of life.

[Register Now!](#)



### 2024 Support Series: Cancer Prevention 101

Thursday, October 17th, 2024 at 11am (EST)

Dr. Marisa Bittoni will discuss the ten cancer prevention recommendations from the American Institute for Cancer Research. She will also discuss some of her own research as a Research Assistant Professor in the Medical Oncology/Thoracic Program at the James Comprehensive Cancer Center at The Ohio State University.

[Register Now!](#)

### 2024 Self Care Series: Using Gratitude to Support Self Care

Thursday, October 24th, 2024 at 11am (EST)

Gratitude is a positive emotion that inspires optimistic actions! Explore how gratitude can help you start and sustain self-care behaviors that keep you feeling well. *\*\* 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)



CancerBridge