



# September 2024 Education Events

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**Your Connection to Evidence-Based Information**

## **2024 Kitchen Series: Ditch the Mess - One Pot Meals**

**Thursday, September 5<sup>th</sup>, 2024 at 11am (EST)**

Streamline your cooking routine with Chef Michael Carnahan and Registered Dietitian Cameron Stauffer in their presentation, "Ditch the Mess - One Pot Meals." Learn the art of creating delicious, fuss-free dishes that require minimal cleanup, making mealtime a breeze without compromising on taste or nutrition.

**Register Now!**



## **2024 Self Care Series: Savoring and Slowing Down – a Mindful Eating Practice**

**Thursday, September 26<sup>th</sup>, 2024 at 11am (EST)**

A leisurely, enjoyable meal can feel like a radical act of self-care! See how you can transform your mealtimes into wellness breaks with mindful eating. \*\*Have a meal or snack prepared to eat during the session if you'd like to participate in the mindful eating practice exercise.

**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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