

Nutrition Workshops



To support your health and well-being we are offering bi-weekly nutrition webinars **including live cooking demonstrations** with nutritionist Conner Middelmann.

The presentations are offered via video conference (Zoom). You can use a computer, laptop or smartphone to log in. The cost per class is \$10; scholarships are available (contact Conner). To register and pay online, please use this link: <https://www.bch.org/community-events/event-details/?event=19754>. Once registered, you will be sent the Zoom link & password. **All webinars run from 4.30 to 6.00PM Mountain Time.**

- **May 16: Timing Is Everything.** *When* you eat, exercise and sleep not only regulates digestive and immune function, glucose balance and mood; your circadian rhythm may also influence your cancer risk and treatment effectiveness. Learn how you can optimize your body clock, then watch Conner cook.
- **May 30: Eating on a Budget.** Most people with cancer want to eat a healthy diet but worry about the cost involved. Relax: Healthy eating doesn't have to be expensive or complicated. Let Conner show you how to eat delicious, nutritious meals on a limited budget.
- **June 13: How to eat more vegetables.** A diet rich in vegetables not only provides essential vitamins, minerals and fiber at low caloric cost, but also thousands of plant chemicals with wide-ranging health benefits, including cancer-protection. Alas, most of us don't eat as many veggies as research indicates we should. At this webinar, Conner will show some easy, delicious ways to increase your vegetable intake that even veggie-phobes will (hopefully) enjoy.
- **June 27: Weighty Matters.** Body fat is a tricky topic. Some people live in large bodies and are perfectly healthy. In others, even a moderate amount of body fat is linked to increased risk of diabetes, cardiovascular disease and cancer. Find out what drives fat storage, whether you need to lose fat and what to eat to help you manage your weight – without going on a starvation diet. Live cooking demo included.

Each workshop comprises a roughly 40-minute presentation followed by a live cooking demonstration.

Everyone who registers will be sent a recording of the session, Conner's PowerPoint slides and her recipes – even if you weren't able to attend in person.

Facilitator: Conner Middelmann, nutritionist and 23-year cancer survivor, is a passionate advocate of eating whole foods that aren't just healthy, but delicious, too. With her joyful and practical approach to nutrition – anchored in the Mediterranean diet – she will show you simple, tasty and affordable ways to boost your nutritional health. Find out more about Conner on www.modernmediterranean.com.



Inquiries: Email conner@modernmediterranean.com.