

# 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.**

- **Apr 10: Sugar, Carbs & Cancer.** Eating lots of sugar & refined carbohydrates can contribute to insulin resistance and promote abdominal fat storage, increasing cancer risk. That doesn't mean you shouldn't eat *any* carbs, though; come and learn about tasty, nourishing carbs you can enjoy every day.
- **Apr 24: Fabulous Fiber.** From reducing cancer risk to supporting heart, bones & microbiome, the list of health benefits linked to fiber keeps getting longer. Learn about the different types of fiber, their health benefits (and possible adverse effects in some people) and delicious ways to include them into your diet.
- **May 8: Eating Through Chemo.** From nausea to constipation, diarrhea, loss of appetite and taste changes, chemotherapy can really throw your eating habits off kilter. At this webinar Conner will suggest ways to relieve digestive treatment side-effects and show you some simple, comforting dishes.
- **May 22: Healthy Eating for Busy People.** When you're busy or exhausted, the thought of preparing a meal from scratch feels like a stretch. Take heart: making your own meals doesn't have to be a slog. Let Conner show you how to prepare tasty, nourishing dishes in 30 minutes max.
- **June 5: 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 19: Healing Herbs & Spices.** What do garlic, ginger, pepper, turmeric, thyme and oregano (and dozens of other aromatics) have in common? They can help create an environment in your body that makes it harder for cancer cells to thrive. More tasty, cancer-fighting recipes coming your way!

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](http://www.modernmediterranean.com).



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