

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 smart phone 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.**

- **September 13: Food Quality Matters.** Our food shouldn't only supply energy, but nutrients, too, such as high-quality protein, healthy fats, vitamins, minerals, fiber, etc. When we don't get enough nutrients from the foods we eat, this increases our risk of cancer, cardiovascular disease, diabetes, etc. Let Conner tell you how you can increase your nutrient intake and show you some delicious, nutritious dishes.
- **September 27: True or False?** Discussions around cancer and diet are rife with controversy. Do sugar, red meat, dairy or soy cause cancer? Should you eat a vegan, keto, alkaline or raw-food diet? Juicing – yes, or no? At this workshop Conner will discuss the science behind these claims and try to clear some of the confusion. Followed by more nutritious dishes.
- **October 11: Optimizing Plant-Based Diets.** Plants are a powerhouse of nutrition and we should eat them at every meal. However, it can be hard to get all the nutrients we need from plants. At this webinar we'll look ways to leverage plant power without missing out on vital nutrients, followed by a demonstration of nutrient-packed plant-based dishes.
- **October 25: Healthy Eating Made Simple.** Do you want to eat a nutritious diet but worry about the cost and labor involved? Relax: Nutritious meals don't have to be expensive or time-consuming to prepare. Let Conner show you how to eat a nutritious diet on a limited budget and without spending half your life in the kitchen.

Each workshop comprises a roughly ½-hour presentation followed by a 1-hour 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 22-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.

