



Oncology Support Services

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.

- **Nov 14: Happy, Healthy Holidays.** While we're fans of holiday indulgences, wouldn't it be a shame if a few weeks' year-end feasting threw all your healthy habits under the bus? Let Conner tell you how you can enjoy the holidays in ways that support your health and well-being and show you some delicious holiday treats from her cozy kitchen.
- **Nov 21: Immune Tune-Up.** We need a well-functioning immune system, not only to keep Covid viruses and winter sniffles at bay, but also to create a biological terrain that's hostile to cancer cells and other pathogens. At this workshop Conner will explain which foods support immune health and show you how to prepare some simple, tasty, immune-nourishing dishes.
- **Dec 5: Sugar, Carbs & Cancer: It's Complicated.** Sugar & refined starches may contribute to a biological environment in which cancer cells thrive. That doesn't mean, however, that *all* carbohydrates are bad. At this workshop Conner will explain different types of carbs and how they may affect your biology. She'll also prepare a tasty dish or two to show you how easy it is to eat nutritious carbs.
- **Dec 19: Healthy Habits That Stick.** Why do New Year's resolutions rarely work when it comes to adopting healthy habits? What does? At this workshop Conner will explain the neuro-psychology of habit change and present a practical plan to help you adopt new habits that stick – for life! Festive dishes await.

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.

