

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 webinars are free of charge.**

The presentations are offered via video conference. You can use a computer, laptop, or smartphone to log in. To receive the Zoom link and follow-up material after the class, please register here:

<https://www.bch.org/community-events/event-details/?event=19754>.

- **Oct 16: Boost Your Brain.** People undergoing cancer treatment may experience thinking and memory problems some refer to as “chemo brain.” Join Karen Brady, Cognitive Rehabilitation specialist at BCH, and Conner as they discuss practical ways to boost your brain with simple behaviors & tasty foods.
- **Oct 30: Exercising & Feeding Your Bones.** Cancer and its treatments are major risk factors for bone loss and fractures, so come and learn about diet, exercise, and lifestyle measures to strengthen your skeleton. At this webinar, Conner is joined by BCH’s oncology board-certified PT Brandy Whitney.
- **Nov 13: Eating Through Cancer Treatment.** From nausea to constipation, diarrhea, loss of appetite, and taste changes, cancer treatments can throw your eating habits off-kilter. At this webinar, Conner will suggest ways to relieve treatment side effects and demonstrate some nourishing, comforting dishes.
- **Nov 27: Immune Tune-Up.** We need a well-functioning immune system, not only to keep viruses and bacteria at bay but also to support cancer treatments and create a biological terrain that’s hostile to cancer cells. Join Conner to learn about the foods and lifestyle habits that support immune health.
- **Dec 4: Happy, Healthy Holidays.** Don’t fear the year-end holidays! Joyful feasting doesn’t have to undermine your health if you go about it with intention and attention. Let Conner show you how you can enjoy holidays (and birthdays, vacations, weddings, etc.) to the fullest while supporting your health and well-being. Festive dishes await.
- **Dec 18: Healthy Habits That Stick.** Why do New Year’s resolutions rarely work when it comes to adopting healthy habits? What does? At this webinar, Conner explains the neuro-psychology of habit change and presents a plan to help you adopt new habits that stick – for life! More festive dishes.

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 links to the recipes she demonstrated, 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 shows simple, tasty, and affordable ways to support your nutritional health. Find out more about Conner on www.modernmediterranean.com.



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