

# 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.aspx?Event=351>. Once registered, you will be sent the Zoom link & password. **All webinars run from 4.30 to 6.00PM Mountain Time.**

- **May 10: How to Eat More Vegetables.** Vegetables provide not only essential vitamins, minerals and fiber, but also thousands of plant chemicals with wide-ranging health benefits, including cancer-protective properties. At this webinar, Conner will show you easy, tasty ways to up your veggie intake.
- **May 31: When Eating Becomes a Chore.** When you're undergoing cancer treatment, eating can become challenging. You're too tired to shop and cook. Your sense of taste changes. Your digestion is upset. You feel guilty about wanting comfort foods. Conner will address these issues and show you some delicious, simple, easy-to-digest dishes that taste so comforting you'll forget they're good for you.
- **June 14: Boost Your Brain.** People undergoing cancer treatment sometimes experience thinking and memory problems often referred to as "chemo brain." Cognitive therapies and nutritional measures can help to alleviate these symptoms. Join Conner and Karen Brady, MS, CCC-SLP (Speech Language Pathologist and specialist in Cognitive Rehabilitation) to learn about practical ways to sharpen your brain with the help of simple daily behaviors and delicious foods.
- **June 28: Healing Herbs & Spices.** What to 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 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](http://www.modernmediterranean.com).

**Inquiries:** Email [conner@modernmediterranean.com](mailto:conner@modernmediterranean.com).

