



July 2024 Education Events

Your Connection to Evidence-Based Information

2024 Kitchen Series: Navigating the Mediterranean Diet

Thursday, July 11th, 2024 at 11am (EST)

Explore the flavors and health benefits of the Mediterranean Diet with Chef Michael Carnahan and Registered Dietitian Cameron Stauffer. Discover the secrets to incorporating this heart-healthy and delicious dietary pattern into your lifestyle for improved well-being.

[Register Now!](#)

2024 Support Series: Sarcoma 101

Thursday, July 18th, 2024 at 11am (EST)

This presentation will cover the basics of Sarcoma; what it is, risk factors, signs and symptoms, how it is treated, and complications.

[Register Now!](#)

2024 Self Care Series: Compassion Fatigue to Compassion Satisfaction

Thursday, July 25th, 2024 at 11am (EST)

Helpers need help too. If you're in a role of taking care of others with little time left for yourself, fatigue can creep in fast. Learn how to take care of you so you can keep taking care of others.

[Register Now!](#)

For cancer-related questions: (855) 366-7700

For questions about these events: hello@mycancerbridge.com



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