

July 2023 Education Events

Your Connection to Evidence-Based Information

Virtual Kitchen Series: Nutrition and Weight Loss

Thursday, July 6th, 2022 at 11am (EST)

In this month's webinar, learn how a healthy lifestyle with regular physical activity and a reasonable eating pattern can help you meet your healthy weight goals. This presentation will provide practical strategies and a cooking demonstration for all lifestyles

[Register Now!](#)

CancerBridge Financial Wellness: Retirement Planning

Thursday, July 13th, 2023 at 11am (EST)

Join us for our second session on Financial Wellness. This presentation will review the top tips and the biggest mistakes to avoid when planning for retirement.

[Register Now!](#)

Cancer Support Series: Parenting Through Cancer

Thursday, July 20th, 2023 at 11am (EST)

This presentation is for cancer survivors and caregivers who are providing care to a child (ages 3-18), as they help their child cope with an adult loved one's cancer diagnosis.

[Register Now!](#)

Self Care Series: Mindfulness and Meditation

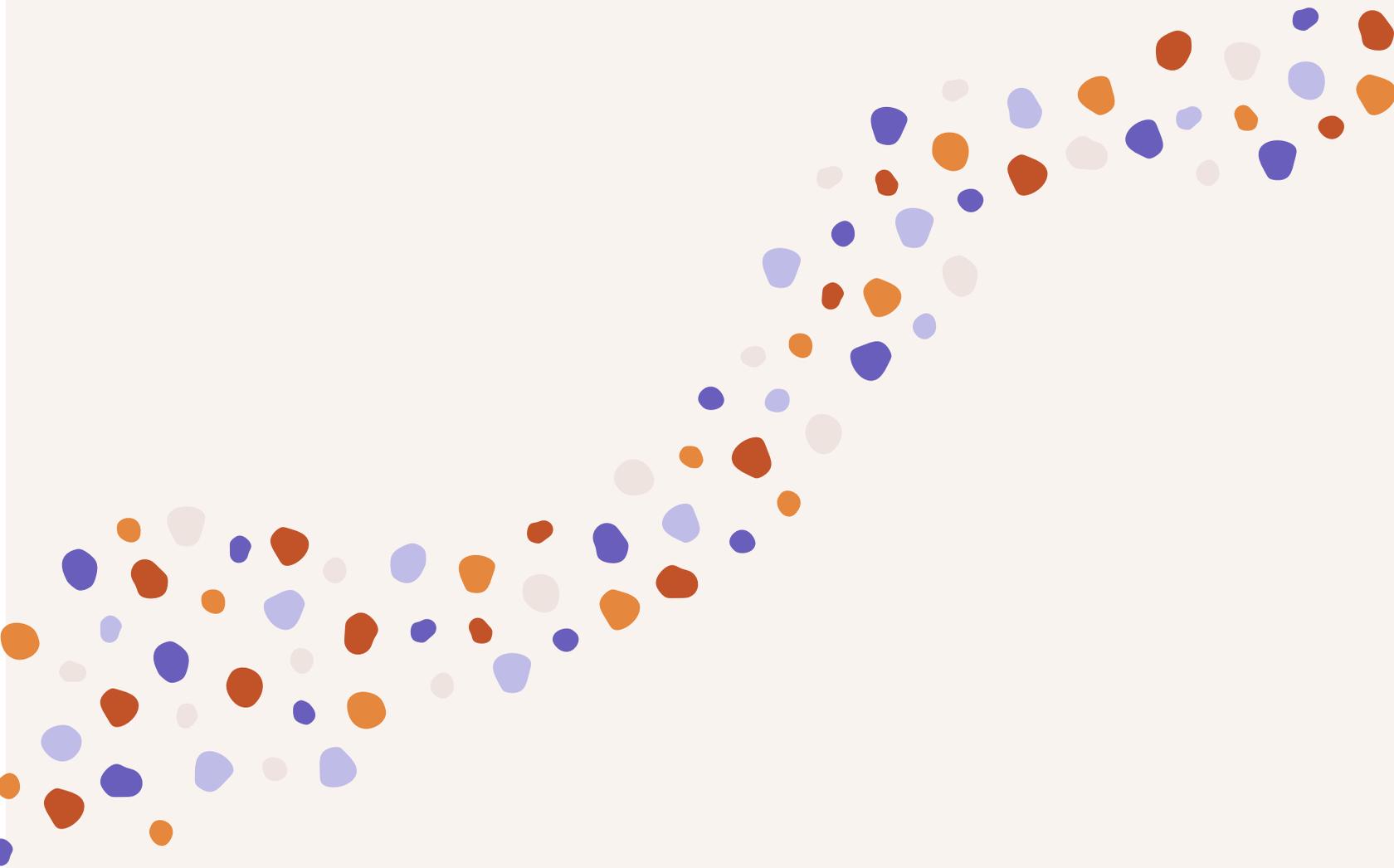
Thursday, July 27th 2023 at 11am (EST)

Learn the basics of mindfulness and meditation to discover how these practices can help you feel more present, focused, and calm in everyday life.

[Register Now!](#)



CancerBridge



Employee Assistance: (855) 366-7700 | Employer Inquiries: (614) 293-8301

mycancerbridge.com

660 Ackerman Road, Room 553, Columbus, OH 43202

