



2025 CancerBridge Quarterly Nutrition Series

with Dena Champion, MS, RDN, CSO, LD, CNSC

Click [here](#) to register once for the entire year!

All webinars below are scheduled for **11:00am.**

Date	Title & Description
2/19	Plant Powered Plate <i>Join us to learn about how a plant-forward diet can benefit your health. We will discuss the science behind why a plant-heavy diet is ideal and tips for busy people.</i>
5/21	Plant Powered On the Go: Smart Meal Planning for Busy Lives <i>Learn about how meal planning can improve your diet. Practical tips and portable meal and snack ideas will be provided.</i>
8/20	Plant-Based Protein <i>We will discuss cutting back on animal foods while still getting plenty of protein. This presentation will include easy plant-based protein ideas to help you make positive changes that are also delicious!</i>
11/19	Fiber and Gut Health <i>Most people don't eat enough fiber, which can wreak havoc on our gut health. Learn the basic science behind this and how you can ensure you get plenty of fiber in your diet!</i>



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If you have any questions regarding our webinars, please feel free to contact me directly or you may email: hello@mycancerbridge.com

For clinical questions, you may contact our CancerBridge Nurse Line at: (855) 366-7700



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