

the gathering place – programs

Adults (over 18) touched by cancer are invited to attend a Welcoming Orientation session to learn about our programs and services.
No registration required but childcare can only be arranged with prior notification.

The Gathering Place East: Mondays at 7:00pm, Tuesdays at 1:30pm and Saturdays at 11:00am

The Gathering Place West: Tuesdays at 1:30pm & Thursdays at 7:00pm • **Off-Site Programs indicated in red.**

NUTRITION

We are pleased to add Beth Roth, PT, MA, MS, RD/LD to our staff. Beth is providing programming and oversight for our nutrition and exercise programs. She is available for nutrition and exercise consultation and will offer a variety of unique educational programs.

*Nutrition and Exercise Consultations

Beth Roth, our exercise specialist and registered dietician, is available for 1:1 consultations as listed below. *Call to schedule an appointment.*

TGP East: Tuesdays, January 5th, February 2nd, and March 2nd, 3:00-7:00pm

TGP West: Tuesdays, January 12th, February 9th and March 9th, 3:00-7:00pm

*Nutrition Boot Camp

Join our nutritionist, Beth Roth, PT, MA, MS, RD/LD to learn the right foods to eat during and after treatment and strategies to manage appetite related side effects. Includes a participatory cooking class. Participants are encouraged to attend all three sessions.

Advance registration required.

TGP East: Wednesdays, January 20th and 27th and February 3rd, 6:00-7:30pm

TGP West: Wednesdays, February 10th, and 24th and March 3rd, 6:00-7:30pm

*Chocolate is a Food Group

Learn about the health benefits of chocolate and other foods that pair nicely with chocolate. Make healthy easy chocolate treats for Valentine's Day. Presenter: Beth Roth, RT, MA, MS, RD/LD.

Advance registration required.

TGP East: Wednesday, February 3rd, 3:30-4:30pm

TGP West: Thursday, February 4th, 1:30-2:30pm

*Culinary Comforts for the Caregiver

A hands-on class designed for caregivers to learn tasteful recipes to minimize side effects of cancer treatment while maximizing nutrition. Presented by Beth Roth, RT, MA, MS, RD/LD.

Advance registration required.

TGP East: Wednesday, March 31st, 7:00-8:30pm

TGP West: Wednesday, March 10th, 7:00-8:30pm

*These programs require pre-registration. Participants requiring childcare need to call several days in advance. **216.595.9546**

TGP East: The Arnold & Sydell Miller Family Campus, 23300 Commerce Park, Beachwood, OH 44122

TGP West: 800 Sharon Dr., Westlake, OH 44145