

The Gathering Place programs and services are for those actively dealing with cancer in their daily lives. This includes those in treatment, those who are coping with the physical and/or emotional side effects from treatment, those who are actively supporting someone with cancer, or someone who is grieving the recent loss of a loved one from cancer.

The Gathering Place East (TGP East) Blue: The Arnold & Sydele Miller Family Campus • 23300 Commerce Park • Beachwood, OH 44122

The Gathering Place Wellness Center (WC) Orange: 23295 Commerce Park • Beachwood, OH 44122

The Gathering Place West (TGP West) Green: 800 Sharon Drive, Westlake, OH 44145 **Off-Site Programs (O) Red**

NUTRITION

***Nutrition Consultations**

Beth Roth, PT, RD/LD, MS, MA our exercise specialist and registered dietitian, is available for 1:1 consultations.

Call to schedule an appointment.

***Chef Vincent Returns!**

Join us for a healthy start to the New Year with a plant based cooking demonstration. Come and taste a variety of palate pleasing foods and leave with recipes to try at home.

Presenter: Chef Vincent from Cleveland's Inter-Continental Hotel

Advance registration required.

TGP East: Tuesday, January 24th, 1:00-3:00pm

***Soup for the "Plant Based" Soul**

Start the New Year off right with hearty, healthy foods! Join us for a healthy plant based cooking demonstration by Chef Williams who will prepare affordable and delicious winter soups that are packed with cancer fighting nutrients.

Presenter: Chef Williams of *Appetite* in Lyndhurst

Advance registration required.

TGP West: Tuesday, January 24th 6:00-8:00pm

***New American Plate 2-Week Cooking Series**

The New American Plate from The American Institute for Cancer Research isn't a diet; it's a fresh way of looking at what you eat every day (www.aicr.org).

Presenter: Beth Roth, PT, RD/LD, MS, MA

Advance registration required. For participants who have not previously attended the New American Plate Cooking Classes. Participants are encouraged to attend both sessions.

Week 1: Amber Waves of Grain & Bountiful Beans

Week 2: Where's the Beef? Healthy Meat & Dairy Alternatives

TGP East: Wednesdays, February 1st & 8th, 6:00-8:00pm

TGP West: Tuesdays, January 31st & February 7th, 6:00-8:00pm

***Partners' Valentine's Day Cooking Class**

Spend an evening with your loved one and experience a hands-on plant based cooking class that's good for the heart and soul. Experience first hand the wonderful partnership between "delicious" and "healthy".

Presenters : Betsy Kohn, MA, PC and

Beth Roth, PT, RD/LD, MS, MA

Advance registration required.

TGP East: Monday, February 13th, 6:00-8:00pm

***Dialogue with the Dietitian**

Understanding the connection between nutrition and cancer can be empowering as well as confusing! This discussion will help you understand fact and fiction behind cancer and what we eat or don't eat. Bring your nutrition questions.

Presenter: Beth Roth, PT, RD/LD, MS, MA

TGP East: Tuesday, February 28th, 6:30-8:00pm

TGP West: Tuesday, March 6th, 6:30-8:00pm