

July - August 2026

CHRISTUS ST. VINCENT REGIONAL CANCER CENTER

# TEACHING KITCHEN

11AM-12PM

CHRISTUS CANCER CENTER FIRST FLOOR

**MONDAY  
JULY 13**

## SUMMER HYDRATION

It's hot out! In this class we'll get creative with hydration including infused water, homemade electrolyte drinks and mocktails

**FRIDAY,  
JULY 24**

## COOKING FOR CANCER: GRAIN BOWLS

**With Dr. Ali**

Grain bowls are flexible, easy and nutritious. We'll demonstrate two different gain bowl recipes, and teach you how to build your own any way you like

**MONDAY,  
AUG 3**

## WHAT'S FOR LUNCH?

The American Institute for Cancer Research recommends to avoid processed meats, including deli meats. So...what's for lunch?? Today we'll think outside the box to make sandwiches and other easy lunches that do not use processed meat

Questions? Contact Elizabeth Roadhouse, MS, RD, LD, CSO

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