

**MAY and JUNE 2026**

CHRISTUS ST. VINCENT REGIONAL CANCER CENTER

# TEACHING KITCHEN

11AM-12PM

CHRISTUS CANCER CENTER FIRST FLOOR

**MONDAY  
MAY  
04**

**SPECIALGUESTS:**  
**ALLISON DONNELL, ND, DOM AND  
HANNAH EMERY, DOM**

Traditional Chinese Medicine Recipe- led by our fantastic Doctors of Oriental Medicine from the Palliative Care Clinic

**MONDAY  
JUNE 1**

**CANCER SURVIVORSHIP NUTRITION**

June is National Cancer Survivors Month, when we work to honor and support the 18+ million Americans with a history of cancer. We'll make recipes from the American Institute for Cancer Research nutrition guidelines for cancer survivors

**FRIDAY  
JUNE 12**

**PICKLES!**  
**With Dr. Ali**

Learn to quick pickle veggies in your home kitchen. This is an amazing way to preserve food and add bold flavor to recipes

**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

Questions? Contact Elizabeth Roadhouse, MS, RD, LD, CSO  
505.913.8974  
elizabeth.roadhouse@christushealth.org

