



HEALTHY LIVING WORKSHOP

Overview

Staying active, eating right, and lowering stress are all ways to reduce your risk of cancer. Programs focused on healthy living are a great way to attract attendees of all ages and interests, especially those who are looking for more experiential social activities.

Program Ideas

- **Culinary Experience**
 - Invite a dietitian or chef influencer as your expert.
 - Offer a cooking tutorial or demonstration.
 - Focus on essential foods to help reduce your cancer risk.
 - Suggest easy, healthy meals or healthy Jewish holiday alternatives.
 - Share how to cook with pantry staples.
 - Create a fun and healthy bake-off.
- **Fitness Class**
 - Invite an instructor or community member to lead yoga or Pilates.
 - Organize a spin or Zumba class in a local studio or community center.
 - Guide mindfulness exercises and meditation.
 - Lead a community-wide walk to raise awareness about Sharsheret and discuss measures participants can take to start living a healthy lifestyle.
- **Team Sharsheret**
 - Make your miles meaningful and participate in coveted races worldwide.
 - Plan a race of your own to promote healthy living and help Sharsheret support, educate, and empower others.

Sharsheret Resources Available Upon Request

- Healthy recipes from Sharsheret
- Healthy Living Guide on Sharsheret's website with nutrition, exercise, and wellness resources
- Support in identifying a Sharsheret volunteer speaker and talking points



Examples of Previous Virtual Events:



Photos from Past In-Person Events:

