

# Cooking with Karla: Nutrition Workshop at MSK Ralph Lauren Center

Easy Bean Salad and  
Zesty Salmon Patty

Thursday, October 28  
1:00 PM to 2:00 PM



**MSK Ralph Lauren Center invites you  
to join registered dietitian Karla  
Giboyeaux for our free virtual nutrition  
workshop series.**

This month, we'll talk about strategies to save time and money when you plan nutritious meals. After the presentation, Karla will demonstrate an example of a delicious and budget-friendly recipe.

The link will be sent to registered attendees. After the program, participants will receive the recipe in English and Spanish. If you would like to submit a question, please email [communityaffairs@mskcc.org](mailto:communityaffairs@mskcc.org).

## TO REGISTER:

Visit [c.mskinfo.org/  
Cooking\\_with\\_Karla  
10-28](https://c.mskinfo.org/Cooking_with_Karla_10-28) or  
scan the  
QR code to  
the right:



Memorial Sloan Kettering  
Cancer Center