

# ECU Health Well-being Zone (WBZ)

Quarterly Newsletter: Fall 2024  
Location: 1375 Cowell Farm Road, Washington, NC 27889

## About Us

The ECU Health Well-Being Zone is an interactive learning space used to engage community members in practicing healthy habits. Our mission is to improve the health and well-being of eastern North Carolina.

## Gallery



## Community Garden

The WBZ hosted “Planting Seeds for a Healthier Community,” educating community members on creating and maintaining community gardens. The event offered kale, sweet potato, and lavender transplants. Lifestyle Medicine presented a cooking demonstration with delicious, healthy food samples. (see photo in Gallery)

## What's new?

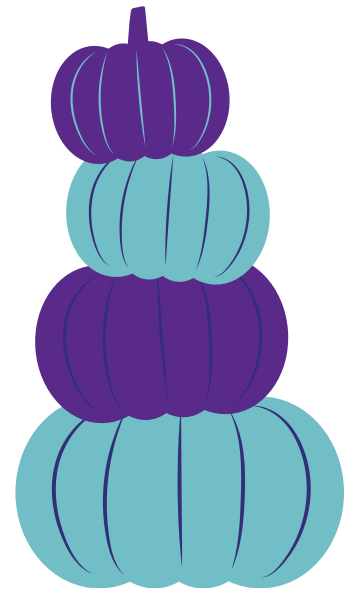
Please join the WBZ's Fall Harvest event on Nov. 22, 11 a.m. - 1 p.m.

## Harvest Ready!

Our harvest ready plants are: leafy greens, rosemary, oregano, sweet potatoes, and celery.

## Intern's Corner

Visit our Patient Education intern on Wednesdays and Fridays, 9 a.m. - 12 p.m. for educational materials, a tour of the garden, and harvest ready veggies.



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## WBZ Playbook

Check out the [WBZ Playbook](#) for insights to start a community garden or outdoor classroom with easy steps, resources, and tips. Help us grow a healthier, more connected community!



## Service Opportunities

If you are interested in serving as a volunteer, please click [here](#) or visit [ecuhealth.org/volunteers](http://ecuhealth.org/volunteers) and select ECU Health Beaufort Hospital.

## Donations

If you are interested in supporting the Well-being Zone, please click or scan the QR code below to make a tax-deductible donation.

