

ECU Health Well-being Zone (WBZ)

Quarterly Newsletter: Winter 2025
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

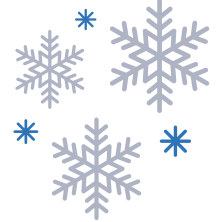
The WBZ hosted the Annual Fall Harvest event in November (see pictures to the left). The event offered fresh produce, growing tips, nutrition and exercise info, and free health screenings, promoting overall wellness.

Harvest Ready!

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

Hours

Visit us 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 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.

