



ECU Health Lifestyle Medicine Clinic Culinary Medicine – Dining With a Doc

Enjoy a FREE delicious, whole foods, plant-based meal accompanied by recipes, tips, and lecture notes to help you on your journey to a healthier you. Led by our culinary faculty of professionally trained Chefs, Physicians and Dietitians.

Join a class today!

- January 14, 5:00-6:30 PM
- February 13, 12:00-1:30 PM
- March 18, 9:30-11:00 AM
- April 15, 5:00-6:30 PM
- May 15, 12:00-1:30 PM
- June 17, 9:30-11:00 AM
- July 17, 5:00-6:30 PM
- August 12, 12:00-1:30 PM
- September 18, 9:30-11:00 AM
- October 14, 5:00-6:30 PM
- November 13, 12:00-1:30 PM
- December 11, 9:30-11:00 AM

Cost

This free cooking demonstration and introduction to lifestyle medicine lecture is open to the community at no cost. Registration is required. Limited to one class per year.

Register today!

Email wellness@ecuhealth.org or call 252.847.5590



ECU Health Lifestyle Medicine Clinic
2610 Stantonsburg Rd., Greenville, NC 27834

Nutrition Services

Nutrition visits with a Registered Dietitian help with goal setting, and practical tips and strategies to make healthy eating a reality.

Nutrition Counseling & Care Plans

- Nutrition Assessment
- Diabetes, Obesity & Thyroid
- Heart Disease, Cholesterol & Blood Pressure
- GI/Gut, Celiac Disease & Food Allergies
- Chronic Pain & Inflammation
- Cancer, ALS & Renal
- Pregnancy
- Pre/Post Surgery

Diets & Meal Plans

- Plant Based & Vegetarian
- Mediterranean & DASH
- Clean Eating
- Sports Nutrition

Weight Loss

- Metabolic Testing, Body Scan, Meal Plans
- Bariatric Surgery – Pre-Authorization Nutrition & Weight Loss

Most services are billable to insurance. Some services are free or discounted for ECU Health team and family members only. Services vary by location.

Call 252-847-9908 or ask your provider for a nutrition referral.

