

The Offices of Well-being &
Physician Relations

Culinary Connections

ECU Health Lifestyle Medicine

Connections with Colleagues

Wednesday, Feb 25 |

5:30PM - 7:30PM

Limit 12 people



Tuesday, March 31 |

5:30PM - 7:30PM

Limit 12 people



Join one of our chefs at the ECU Health Lifestyle Medicine Clinic for a hands-on culinary experience focused on healthy whole foods. Build your confidence in the kitchen by chopping, blending, and creating right alongside the instructor. Enjoy a delicious meal and leave with recipes and skills to make vibrant, healthy dishes at home.

Please register for one of these hands-on culinary experiences via the QR code

Engage. Connect. Thrive.