

Well-Being Zone Newsletter

Location: 1375 Cowell Farm Rd. Washington, NC 27889

About Us

The ECU Health Well-Being Zone (WBZ) 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.

Harvest Ready

Spring is in full swing. We're currently harvesting kale, rosemary, lavender, and parsley, with many newly planted crops growing and expected to be ready soon.

Visit Us

Stop by to visit the community garden on Wednesday and Friday, 9 a.m.-12 p.m. Enjoy a guided tour of the garden, gather educational materials, and harvest-ready foods.



Spring into Flavor: Spring Herbs

The WBZ garden is full of fresh herbs this spring, including dill, cilantro, parsley, rosemary, lavender, and basil. These herbs add amazing flavor to meals and can support good health.

Want to learn more? Click [here](#) or scan the QR code to watch a short video about the benefits of cooking with herbs and spices.



Celebrating 25 Years of Wellness

The WBZ marked the 25th anniversary of ECU Health's Wellness Centers by welcoming ECU Health team members and community members for a day of connection and hands-on learning. Participants planted and harvested a variety of crops and took home kale seedlings to grow. Guests also took part in a garden scavenger hunt.

Coming Soon

New plants coming to the garden soon: dill, carrots, cilantro, spinach, lettuce, snap beans, leeks, turnips, fennel, radishes, sunflowers, kale, chives, bok choy, cockscomb, basil, and broccoli.



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 scan the QR code to make a tax-deductible donation.

