



## Culinary Medicine Program: Principles of the anti-inflammatory Mediterranean diet

### About the Program:

Culinary medicine is an emerging field: it is a new educational and nutritional approach to improving eating behaviors, using techniques in mindful eating, focusing on skills such as food shopping, storage, and meal preparation.

Pillars of nutrition incorporated in our culinary program include nutrient density in foods, plant protein, greens, good fats, phytonutrients and 'eating the rainbow', and no calorie counting.

By working with our chefs, nutritionists, GI physicians, and farmers to learn the art of cuisine for health, we are also aspiring to promote mindful eating, cultivating awareness of where our food comes from, enjoying the process of cooking for living well, and embracing food as connection with other humans.

The Digestive Wellness Clinic at Augusta Health is a groundbreaking medical practice of highly trained medical professionals who combine the best of traditional gastroenterology and integrative medicine. We take a smarter, personalized approach to gut health, providing you with a happier and healthier life.



### Dates for this Program (2022)

8 Sessions at Augusta Health  
ACC Conference Room 3 | 5:00-6:30 p.m.

Thursdays April 14th - June 2nd  
Thursdays September 15th - November 3rd

**The cost of the 8-session  
series will be \$171.00.**

To enroll, email:  
[digestivewellnessclinic@augustahealth.com](mailto:digestivewellnessclinic@augustahealth.com)  
or call **540-245-7350**.

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