

Food is Medicine

Learn how everyday food choices can support long-term health, reduce disease risk, and strengthen overall well-being. In this series, Registered Dietitians will share practical, easy-to-use nutrition strategies to support your body's natural defenses and promote optimal health.

Friday, Sept 11th at 12pm

Friday, Sept 18th at 12pm

Friday, Sept 25th at 12pm

Friday, Oct 2nd at 12pm

CANCER PREVENTION & CELLULAR DEFENSE

Find out how everyday food choices can influence cancer risk and prevention

Learn which nutrients help defend and support healthy cells

Explore nutrition strategies to reduce inflammation, protect DNA, and support cellular longevity

HEART HEALTH & LONGEVITY

Discover what keeps the heart strong, resilient, and thriving as we age

See how food supports healthy blood pressure, cholesterol, and circulation

Build daily habits that promote energy, resilience, and long-term vitality

BLOOD SUGAR & METABOLIC HEALTH

Explore how food shapes blood sugar, insulin, and metabolic health

Learn how your body turns food into energy and why metabolic function matters

Discover food choices to support steady energy and lasting wellness

THE PREVENTION POWER OF THE GUT

Uncover why the gut is one of the body's most powerful defense systems

Understand the powerful connection between the microbiome, immunity, and brain health

Explore nutrition strategies that support a healthier gut and long-term wellness

Classes are covered 100% by most health plans!
Summerfield is in network with Aetna, BCBSNC, Cigna, and UnitedHealthcare.

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REGISTRATION LINK



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