

# CULINARY MEDICINE SERIES

## LECTURE + HANDS-ON COOKING SERIES

This Culinary Medicine Series begins March 18, 2026 and is brought to you by the Groundwork Center for Resilient Communities, in partnership with Munson Healthcare and the Great Lakes Culinary Institute.



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### SESSION 1:

March 18, 2026

Smart Carbohydrate and Protein meals for Diabetes Care

### SESSION 2:

June 17, 2026

Cooking with Enjoyment: Beans and Whole Grains

### SESSION 3:

Sept 16, 2026

Healthy Breakfasts: Energizing Starts to the Day

### SESSION 4:

Dec 16, 2026

Keeping the Enjoyment in Nutrition (even with medically necessary dietary restrictions)

See the website for full session details!

### Why Culinary Medicine?

This series connects healthcare providers with practical, evidence-based approaches to nutrition, local food systems, and cooking techniques that support improved health outcomes.

### Series Objectives

- Bring healthcare providers into the conversation about local food, nutrition, and wellness.
- Strengthen provider confidence in patient conversations about food selections, diets, and nutrition.
- Explore emerging science connecting nutrition with physical and behavioral health.
- Introduce Medical Nutrition Therapy concepts.
- Practice plant-forward cooking techniques as an economical, evidence-based health intervention.

### Event Details

All classes take place at the Esperance Community Teaching Kitchen in the Commonsground Building, 414 E. Eighth St., Traverse City, MI from 6-8 PM. Cost is \$25/session. Participants will be in an active kitchen environment. Closed-toe shoes recommended.

### Who Should Attend?

Medical students and residents / Physicians / Advanced practice clinicians / Community Health workers / Nurses, case managers, and dietitians.

CLASSES RUN MARCH-DECEMBER, 2026

TRAVERSE CITY, MI

*This activity has been approved for AMA PRA Category 1 Credit(s)<sup>™</sup>*

REGISTER TODAY!



SCAN TO SIGN UP