

Free or Low Cost Nutrition Education in Forsyth County

[Brenner FIT®](#)

Join the experts from Brenner Children's Hospital for a variety of free nutrition education and cooking classes. Registration is required and most classes are taught at the William G. White YMCA on West End Blvd. in Winston-Salem. Child care is available.

Check the Brenner FIT® webpage regularly as class offerings change monthly:

<https://www.brennerchildrens.org/Pediatric-Obesity/Free-Brenner-FIT-Kohl-s-Family-Collaborative-Classes.htm>

[Cancer Services](#)

Call 336-9983 for class schedules and registration information.

Cancer Services offers a variety of nutrition education to the community at no charge. Classes include:

Cooking Matters - Six week (1 time/week) evidence-based nutrition education and cooking program. Offered 12 times/year in English and 2 times/year in Spanish.

Target audience - African American and Spanish speaking populations. No charge.

Active Living Everyday - Twelve class sessions (1-2 times/week) of an evidence-based lifestyle physical activity program.

Target audience - African American and Spanish speaking populations. No charge.

Cancer Survivorship Nutrition Programs - Nutrition education online and through social media (Facebook, Instagram, Twitter, YouTube, and Pinterest).

Target audience: Cancer survivors. No charge.

Nutrition Counseling - One-on-one nutrition education for cancer survivors.

Target audience: Cancer survivors. No charge.

Cancer Transitions - Four week (1 time/week) evidence-based lifestyle program for cancer survivors.

Target audience: Cancer survivors. No charge.

[Crisis Control Ministry](#)

Crisis Control offers classes to members of the community at no cost. To register, e-mail to bblackburn@crisiscontrol.org (or call 336-724-7875 x1021) with your name, telephone number, and email address and he will contact you with schedule and registration information. A \$20 gift card is awarded to participants upon completion of the class.

Shopping and Cooking on a Budget - Ninety (90) minute class focusing on healthy meals on a budget with helpful nutrition and shopping tips.

Nutrition and Healthy Eating - Ninety (90) minute class on how to balance the foods on your plate to get the best nutrition for your body.

Eat Smart/Move More

Eat Smart, Move More North Carolina is made up of statewide partners working together to increase opportunities for healthy eating and physical activity.

Eat Smart/Move More Weigh Less - Fifteen (15) week online Weight Management Class delivered in interactive real time with a live instructor. Offered at various times throughout the year. Register at <https://esmmweighless.com/> Cost - \$235

Eat Smart/Move More Prevent Diabetes -a CDC recognized, twelve (12) month diabetes prevention program based upon strategies proven to prevent or delay type 2 diabetes. All classes are held online using GoToTraining and are fully accessible on a desktop, laptop, smartphone, and tablet. No charge. Register at <https://esmpreventdiabetes.com/>

Nutrition Decisions Webinars - Presented by Dr. Carolyn Dunn, Professor and Nutrition Specialist at NC State University, these live 1-hour webinars will focus on a current nutrition topic and the evidence behind it. For more information and registration information go to <https://esmmweighless.com/newsletter-webinars/>

Forsyth County Department of Public Health (FCDPH)

The FCDPH offers a variety of free nutrition and fitness classes and programs throughout the year. Please check the website for current class offerings:

<http://www.forsyth.cc/PublicHealth/>

The Mediterranean Diet - A special workshop on the basics of the Mediterranean Diet will be held on Tuesday, June 6 from 6:30 pm to 8 pm at the health department (Boardroom).. No charge for the workshop but registration required. Register by emailing cheeklg@forsyth.cc or by calling 336-703-3215. This class is for mature teens and adults. The health department is located at 799 North Highland Avenue, Winston-Salem.

WIC - Supplemental Nutrition Program for pregnant and breastfeeding women, infants, and children under 5 years of age. Food vouchers provided to participants for nutritious food items.

Target audience: Pregnant and breastfeeding women, infants and children under age 5.

Must meet income guidelines and be at medical or nutrition risk

If you have questions about this document, please email mitchelm@forsyth.cc

updated 11/29/17

You can reach the WIC Clinic by calling 336-703-3100.

Community Nutrition Education - A Registered Dietitian is available to provide group nutrition education on a variety of topics. Call 336-703-3216 for more information.

[Second Harvest Food Bank](#)

Second Harvest offers classes to SNAP participating or eligible households (low-income individuals and families). Call 336-784-5770 or email janderson@secondharvest.org to sign up or receive more information

Cooking Matters Six-session course including hands-on cooking lessons that complement basic nutrition education and smart shopping tips. Each class is 2 hours. The 5th lesson is a grocery store tour where participants receive \$10 gift card to complete a shopping challenge. Course limited to 15 individuals, who must attend 4 of 6 classes to graduate.

Cooking Matters at the Store- One-time ninety (90) minute grocery store tour. Provides families with hands-on education as they shop for food, giving them skills to compare foods for cost and nutrition. Includes \$10 gift card to complete in-store challenge.

Eat Right for You - One ninety (90) minute nutrition seminar outlining basics for eating well on a budget

****Healthy Choices, Healthy Lives (cooking demonstrations)** - Thirty to sixty minute interactive nutrition and cooking lesson on eating from every food group, every day.

**Available to Second Harvest partner agencies (primarily food pantries) or community organizations upon request. Call 336-784-5770 or email janderson@secondharvest.org for more information.

[Wake Forest Baptist Health \(WFBH\)](#)

WFBH offers a variety of nutrition education programs, counseling and classes to the community. There is a fee for some services.

Best Health - the community wellness outreach program of WFBH, offers health seminars, screenings and events to help you live a healthier life and stay on top of the latest advances in medicine. Classes are free or low cost and held in various locations in the community. For more information and a listing of classes, go to <http://www.wakehealth.edu/BestHealth/>

Wake Forest Cancer Center- Nutrition counseling for individuals with cancer. Call 336-713-6919 for more information.

Wake Forest Outpatient Clinical Nutrition - Individual nutrition counseling. Call 336-713-3043 for an appointment. Fee - may be covered by insurance.

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Wake Forest Weight Management Center for Adults - Nutrition counseling, bariatric surgery services and medical weight management programs using products like OptiFast (52-week program) and Essentials (24-week program). Fee - program accepts most insurance plans.

Novant Health

Novant Health offers a variety of screenings, programs and classes in the community. The following list comes from Novant's monthly Wellness email.

EVENT TYPE: *FREE Educational Seminar: Tis the Season (Coping with grief and loneliness over the holidays)*

DATE/TIME: *Monday, December 11th, 12pm*

PLACE: *Kernersville Family YMCA, 1113 Mountain Street, Kernersville*

SIGN-UP: *Call 336-277-1880 or email CommunityWellness@novanthealth.org to register*

SPECIAL SERIES

EVENT TYPE: *"The Weigh for You" – 10-week weight management and healthy lifestyle program led by registered dietitian, licensed counselor, and exercise specialist*

DATE/TIME: *\$150/person; Tuesday evenings at 6pm, starting on January 9th, 2018*

PLACE: *Cancer Center Murphy Conference Room, Novant Health Forsyth Medical Center campus, Winston-Salem*

SIGN-UP: *Call (336) 277-1880 or email CommunityWellness@novanthealth.org to register or for more information*

SUPPORT GROUP

EVENT TYPE: *FREE Weight Management Support Group*

DATE/TIME: *Thursday, December 7th, 6pm-7:30pm*

PLACE: *Cancer Center Murphy Conference Room, Novant Health Forsyth Medical Center campus, Winston-Salem*

SIGN-UP: *Call (336) 277-1888 or email krooney@novanthealth.org to register*

ONGOING

EVENT TYPE: *FREE Vascular Screening Clinic*

DATE/TIME: *Monday, Tuesday, Wednesday each week*

PLACE: *Novant Health Forsyth Medical Center, Winston-Salem*

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SIGN-UP:

Appointment required; call (336) 277-1880