



HOLIDAY COOKBOOK

**Novant Health
Heart & Vascular Institute
and Cancer Institute**

2024



Happy Holidays!

Food is central to holiday celebrations. Enjoy this gift in support of healthy eating. Please try these recipes as they are delicious, made with whole food ingredients, and most of all, tailored for your better health!

Our goals for improved health include:

- **Eat a variety of fruits and vegetables daily**
- **Choose whole grains**
- **Eat lean proteins**
- **Choose mostly unsaturated fats**
- **Exercise daily**
- **Stay hydrated – water is best**
- **Rest well and get enough sleep**

Our Wellness Centers offer comprehensive programs to improve the health of patients with cardiovascular disease, pulmonary disease and cancer. These programs include group exercise therapy, nutrition counseling, and education to better understand how to manage disease and live healthier lifestyles. Our team is dedicated to helping each patient thrive again.

Our best testimonial on the success of our programs is to hear from our patients. Quotes from several participants are scattered throughout this Healthy Holiday Cookbook to share the impact of our programs on their lives.

Coffee Cake Banana Bread	3
Hashbrown Casserole	4
Whipped Cottage Cheese Dip	5
Shephard's Pie Bites	6
Italian Turkey Sausage Soup	7
Pork and Broccoli	8
Warm Carrot Lentil Salad	9
Green Bean Casserole	10
Brussels with Balsamic Glaze	11
Butternut Squash Mac n' Cheese	12
Pumpkin Pie Energy Bites	13
Strawberry Cheesecake "Ice Cream"	14



Coffee Cake Banana Bread

Yield: 16 servings

Ingredients

Crumble

3/4 cup all-purpose flour
1 teaspoon cinnamon
1/4 cup granulated sugar
1/4 cup light brown sugar, packed
1/4 cup unsalted butter, melted

Banana Bread

1 1/2 cups all-purpose flour
3/4 teaspoon baking soda
1/2 teaspoon kosher salt
1/2 cup granulated sugar
1/2 cup light brown sugar, packed
6 Tablespoons unsalted butter, melted
1/3 cup plain Greek yogurt (or sour cream)
1 large egg, room temp
2 teaspoons vanilla extract
3 ripe bananas, mashed

Directions

Preheat oven to 325 degrees F. Grease a 9x5 loaf pan.

Crumble

In a medium bowl, combine flour, cinnamon, granulated sugar, and brown sugar. Mix in melted butter. Place bowl in refrigerator to chill until later.

Banana Bread

In a medium bowl, whisk together flour, baking soda, and salt. Set aside.

In a separate large bowl, whisk together granulated sugar, light brown sugar, and butter. Once fully combined, whisk in the Greek yogurt, egg, vanilla, and mashed banana.

Gradually mix in dry ingredients, leaving some clumps.

Pour batter into the loaf pan.

Remove crumble from fridge and crumble it on top in an even layer.

Bake for 60-80 minutes. Let cool.

Nutrition Facts

Servings: 16, **Serving size: 1 slice,**

Amount per serving: **Calories 236, Total Fat 7.8g** (10% DV), Sat. Fat 4.6g (23% DV),
Trans Fat 0g, **Cholesterol 31mg** (10% DV), **Sodium 140mg** (14% DV), **Total Carb. 40g** (14% DV),
Fiber 1g (4% DV), Total Sugars 23g (Incl. 9g Added Sugars, 19% DV), **Protein 3g,**
Vit. D (0% DV), Calcium (1% DV), Iron (5% DV), Potassium (2% DV).



Hashbrown Casserole

Yield: 12 servings

Ingredients

12 large eggs
1 cup 1% milk
1 cup shredded cheddar cheese
1/2 teaspoon kosher salt
1 Tablespoon black pepper
2 Tablespoons olive oil
1 small yellow onion, chopped
3 garlic cloves, minced
1 red bell pepper, stemmed, seeded, and chopped
1 green bell pepper, stemmed, seeded, and chopped
1 cup fresh spinach, roughly chopped
2 green onions, chopped, divided
20 oz. frozen shredded hashbrowns

Directions

Preheat oven to 350 degrees F. Grease a 9x13 baking dish.

In a large bowl, whisk together eggs, milk, cheese, salt, and pepper. Set aside.

In a large skillet, heat olive oil over medium heat. Add onion and cook for 5 minutes. Add garlic, red pepper, and green pepper and cook, stirring occasionally, for 2 minutes. Add spinach and half the green onions and toss until spinach is just wilted.

Spread hashbrowns evenly across the bottom of the greased 9x13 baking dish. Top with sauteed veggies. Pour in egg mixture and sprinkle with reserved green onions.

Bake 45-50 minutes. Pair with a side of fresh fruit for a balanced meal.

Nutrition Facts

 Servings: 12, **Serving size: 1 serving,**

Amount per serving: **Calories 232, Total Fat 14.6g (19% DV), Sat. Fat 5.9g (30% DV),**

Trans Fat 0g, Cholesterol 207mg (69% DV), Sodium 270mg (12% DV), Total Carb. 13g (5% DV),

Fiber 1g (4% DV), Total Sugars 3g (Incl. 0g Added Sugars, 0% DV), Protein 13g,

Vit. D (7% DV), Calcium (17% DV), Iron (9% DV), Potassium (9% DV).



"I was anxious, but the team created a warm and welcoming environment that made it so easy for new people beginning the program...to become comfortable." – Cardiac Rehab Patient



Whipped Cottage Cheese Dip

Yield: 6 servings

Ingredients

1 cup 2% milkfat cottage cheese
2 Tablespoons crumbled feta cheese
Zest of 1/4 lemon
1/2 cup grape tomatoes, cut into quarters
1 teaspoon fresh basil, roughly chopped
1 Tablespoon extra-virgin olive oil
1 teaspoon lemon juice
Pinch of kosher salt (about 1/16 teaspoon)
1/4 teaspoon black pepper

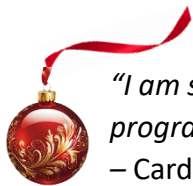
Directions

Add cottage cheese, feta cheese, and lemon zest to a blender (or food processor). Blend until all ingredients are combined and a smooth texture is achieved. Set aside. Add tomatoes, basil, olive oil, lemon juice, salt, and pepper to a small mixing bowl and stir to combine. Transfer blended cottage cheese into a shallow serving bowl and spread evenly. Top with tomato mixture. Serve with whole grain crackers or vegetables.



Nutrition Facts Servings: 6, Serving size: 1 serving,

Amount per serving: **Calories 54, Total Fat 2.7g (4% DV), Sat. Fat 1.3g (6% DV), Trans Fat 0g, Cholesterol 9mg (3% DV), Sodium 187mg (8% DV), Total Carb. 3g (1% DV), Fiber 0.2g (1% DV), Total Sugars 2g (Incl. 0g Added Sugars, 0% DV), Protein 5g, Vit. D (0% DV), Calcium (5% DV), Iron (1% DV), Potassium (2% DV).**



"I am so grateful to Novant Health for offering such a thoughtful program and to the strong team who makes their programs successful."

– Cardiac Rehab Patient

Shepherd's Pie Bites

Yield: 24 servings

Ingredients

2 Tablespoons olive oil
1 medium yellow onion, diced
3 large carrots, diced
1 lb. ground chicken or turkey
1 cup frozen corn
1 ½ teaspoon all-purpose flour
¼ cup Worcestershire sauce
¼ teaspoon kosher salt
¼ teaspoon black pepper
2 cups vegetable broth, low sodium
2 packages (4 sheets) frozen puff pastry, thawed
4 cups premade mashed potatoes



Directions

Preheat oven to 400 degrees F.

Heat olive oil in a large skillet over medium-high heat. Add onions and carrots and cook, stirring occasionally, until onions are slightly translucent, and carrots begin to soften, about 3 minutes.

Add ground turkey to the same skillet and cook until brown, about 6-8 minutes. Drain excess liquid.

Stir in corn, flour, Worcestershire sauce, salt and pepper until combined.

Gradually add vegetable broth and bring to a simmer. Once simmering, continuously stir for 2 minutes, letting the sauce thicken. Remove from heat and set aside.

Unfold thawed puff pastry and cut into 12 squares. Save the scraps for any necessary patching.

In an ungreased 12-cup muffin pan, press one pastry square into each section.

Fill each with 2 tablespoons of the turkey mixture. Top each muffin with 1 tablespoon of mashed potatoes.

Bake for 15 minutes.

Nutrition Facts

Servings: 24, **Serving size: 1 serving,**

Amount per serving: **Calories 334, Total Fat 21g** (27% DV), Sat. Fat 4.2g (21% DV),
Trans Fat 0g, **Cholesterol 25mg** (8% DV), **Sodium 302mg** (13% DV), **Total Carb. 27g** (10% DV),
Fiber 2g (6% DV), Total Sugars 2g (Incl. 0.3g Added Sugars, 1% DV), **Protein 9g,**
Vit. D (0% DV), Calcium (3% DV), Iron (10% DV), Potassium (6% DV).



“Having trained professionals monitoring me throughout the program along with their constant messages telling me, ‘You can do it’ was so helpful. It really was a miracle and helped me to build my confidence.”

– Pulmonary Rehab Patient

Italian Turkey Sausage Soup

Yield: 8 servings

Ingredients

1 lb. ground Italian turkey sausage
2 Tablespoons olive oil
3 carrots, quartered lengthwise and thickly sliced
2 zucchinis, quartered lengthwise and thickly sliced
1 teaspoon kosher salt
2 teaspoons black pepper
1 Tablespoon Italian seasoning blend
3 cloves garlic, finely chopped
1 (15-oz.) can fire roasted tomatoes, juices included
4 cups unsalted chicken stock
2 cups short pasta
1 (15-oz.) can unsalted Great northern beans, rinsed and drained
5 ounces fresh baby spinach, tough stems removed



Directions

In a large saucepan over medium heat, brown the sausage, breaking it up until it is no longer pink. Remove from the pan and set aside.

Add olive oil to the same saucepan. Add carrots, zucchini, salt, pepper, and Italian seasoning. Cook, stirring continuously, for 8 minutes. Stir in the garlic and cook for 1 more minute. Pour in tomatoes and continue cooking, stirring often, for another 2 minutes.

Add stock and bring to a boil. Stir in pasta, lower the heat, and partially cover the pan. Simmer, stirring occasionally, for 10 minutes, or until the pasta is tender.

Add the beans and simmer 5 more minutes.

Remove from heat. Stir in spinach. Add turkey sausage back in and stir to combine. Serve.

Nutrition Facts

Servings: 8, **Serving size: 1 serving,**

Amount per serving: **Calories 259, Total Fat 9.2g** (12% DV), Sat. Fat 1.9g (10% DV),
Trans Fat 0g, **Cholesterol 27mg** (9% DV), **Sodium 625mg** (27% DV), **Total Carb. 27g** (10% DV),
Fiber 6g (20% DV), Total Sugars 6g (Incl. 3g Added Sugars, 5% DV), **Protein 16g,**
Vit. D (0% DV), Calcium (6% DV), Iron (12% DV), Potassium (11% DV).

*“This program is why I’m back to myself and have developed a ‘new normal’.
I’m a better and stronger version of myself.” – Cancer Wellness Patient*



Pork & Broccoli

Yield: 4 servings

Ingredients

2 cups broccoli florets
3 Tablespoons low sodium soy sauce
1 Tablespoon oyster sauce
1 Tablespoon hoisin sauce
1 Tablespoon rice vinegar
1 teaspoon sesame oil
1 Tablespoon cornstarch
1/4 cup water
1 Tablespoon olive oil
1 lb. (450g) pork chops
3 cloves garlic, minced
1 Tablespoon ginger, minced
1/4 cup sake
1 Tablespoon sesame seeds (optional, for garnish)
2 green onions, thinly sliced (optional, for garnish)
2 cups cooked rice, for serving



Directions

Bring a large pot of water to a boil and blanch broccoli florets for 2 minutes. Drain and set aside.

In a small bowl, combine the soy sauce, oyster sauce, hoisin, rice vinegar, sesame oil, cornstarch, and water. Whisk together well and set aside.

In a large skillet over medium-high heat, heat olive oil.

Sear pork chops on each side, about 3 minutes or until golden brown. Flip and sear on second side, an additional 3 minutes. Remove from heat and allow to rest on a cutting board. After allowing the pork to rest for 5 minutes, slice into 1/4" inch thick pieces. It's ok if the pork is not fully cooked at this stage.

In the same skillet, turn heat to medium low and sauté the garlic and ginger for 1 minute, or until aromatic.

Increase heat to medium and deglaze the pan with sake, scrapping up any browned bits from the bottom of the pan. Add the sliced pork back to the pan and allow to cook for 1-2 additional minutes or until pork is fully cooked and no longer pink in the middle.

Add in the broccoli florets.

Whisk the sauce to ensure it is combined, and then pour sauce over pork and broccoli in the skillet, stirring to coat everything evenly.

Cook for an additional 2-3 minutes, until the sauce has thickened, and everything is heated through.

Garnish with sesame seeds and green onions. Serve with rice.

Nutrition Facts

Servings: 4, **Serving size: 1 serving,**

Amount per serving: **Calories 435**, **Total Fat 11.4g** (15% DV), **Sat. Fat 2.9g** (15% DV), **Trans Fat 0g**, **Cholesterol 99mg** (33% DV), **Sodium 739mg** (32% DV), **Total Carb. 34g** (12% DV), **Fiber 3g** (11% DV), **Total Sugars 4g** (Incl. 1.5g Added Sugars, 3% DV), **Protein 43g**, **Vit. D 4%** (4% DV), **Calcium 6%** (6% DV), **Iron 17%** (17% DV), **Potassium 22%** (22% DV).

Warm Carrot Lentil Salad

Yield: 6 servings

Ingredients

Salad

- 1 1/2 lbs. carrots, peeled and sliced at an angle
- 2 Tablespoons olive oil
- 1 Tablespoon pure maple syrup
- 1 1/2 teaspoons ground cumin
- 2 (15-oz.) cans of lentils, drained and rinsed
- 1/4 cup dried cranberries
- 1/2 cup fresh parsley, chopped
- 1/4 cup pepitas

Dressing

- 1/4 cup extra virgin olive oil
- 2 Tablespoons lemon juice
- 1 Tablespoon Dijon mustard
- 1 clove garlic, minced
- 1/2 teaspoon paprika
- 1/4 teaspoon kosher salt
- 1/2 teaspoon black pepper



Directions

- Preheat oven to 400 degrees F. Line a baking sheet with parchment paper. Add carrots to a large bowl. Drizzle with olive oil and maple syrup, sprinkle with cumin, and toss until evenly coated. Transfer to baking sheet and spread in a single layer. Bake for 25-30 minutes, or until fork-tender and browning. While carrots are baking, prepare the dressing in a small bowl by whisking together all ingredients. Set aside. In large bowl, add carrots, lentils, cranberries, and parsley. Pour dressing over gradually and toss until evenly combined. Top with pepitas. Serve immediately. Store in airtight container in the fridge for 3-4 days.

Nutrition Facts Servings: 6, Serving size: 1 serving,

Amount per serving: **Calories 375**, **Total Fat** 16.8g (22% DV), **Sat. Fat** 2.4g (12% DV), **Trans Fat** 0g, **Cholesterol** 0mg (0% DV), **Sodium** 163mg (7% DV), **Total Carb.** 44g (16% DV), **Fiber** 11g (40% DV), **Total Sugars** 11g (Incl. 0g Added Sugars, 0% DV), **Protein** 15g, **Vit. D** (0% DV), **Calcium** (5% DV), **Iron** (31% DV), **Potassium** (17% DV).



"I am deeply grateful for the education, concern, care, inspiration, laughter, and training you provided me. I am sure you saved my life!"

– Cancer Wellness Patient

Green Bean Casserole

Yield: 10 servings

Ingredients

2 lbs. green beans, washed and trimmed
4 slices whole wheat bread
1 cup pre-made fried shallots
1/4 teaspoon kosher salt, divided
1/2 teaspoon black pepper, divided
1/2 cup grated parmesan
1/4 cup butter, divided
1 lb. mushrooms, washed, rinsed and sliced
4 cloves garlic, minced
3 Tablespoons all-purpose flour
2 cups chicken broth, low sodium
2 cups 2% milk
1 Tablespoon oregano



Directions

Preheat oven to 350 degrees F. Grease a 9x13 baking dish.

Blanch green beans until crisp tender. Set aside.

Using a food processor or blender, add bread slices and pulse until well crumbled. Transfer to a large mixing bowl. Add fried shallots, half of the salt and pepper, parmesan, and 2 tablespoons of the butter. Combine and set aside.

In a large saucepan over medium heat, add remaining 2 tablespoons butter, mushrooms, and remaining salt and pepper. Sauté mushrooms until browned, about 4 minutes. Add garlic and cook until golden. Stir in flour and continue stirring for about a minute. Pour in broth and milk and stir to combine. Season with oregano. Allow mixture to cook and thicken, stirring occasionally to prevent clumping, about 6-8 minutes.

Once mixture is thick, add blanched green beans and coat well. Transfer to baking dish. Bake for 15-20 minutes. Remove from oven, top with bread mixture, and bake for an additional 5 minutes, or until topping is golden.

Nutrition Facts

Servings: 10, **Serving size: 1 serving,**

Amount per serving: **Calories 183, Total Fat 8g** (10% DV), Sat. Fat 4.4g (22% DV),
Trans Fat 0g, **Cholesterol 20mg** (7% DV), **Sodium 238mg** (10% DV), **Total Carb. 22g** (8% DV),
Fiber 5g (18% DV), Total Sugars 8g (Incl. 1g Added Sugars, 1% DV), **Protein 8g,**
Vit. D (4% DV), Calcium (13% DV), Iron (11% DV), Potassium (9% DV).



“Your staff displays care and concern for every patient that attends this program. Their sincerity and professionalism and most importantly, truly loving what they do to help others permeates through these caring smiles they display. Their motivation to encourage and help others spurs us on!”

– Pulmonary Rehab Patient

Brussels with Balsamic Glaze

Yield: 4 servings

Ingredients

1/3 cup water
1 lb. Brussels sprouts, rinsed, trimmed and halved
2 Tablespoons olive oil
1/4 teaspoon kosher salt
2 teaspoons black pepper
1 Tablespoon grated parmesan
2 Tablespoons balsamic glaze

Directions

Heat a large cast iron skillet over medium high heat. Add about 1/3 cup water to the skillet.

Place Brussels cut side down and cover. Let steam for 5-7 minutes or until tender.

Drain excess water, if any, and add olive oil. Increase heat to medium-high.

Season with salt and pepper and stir to evenly coat.

Turn Brussels cut side down and sauté without moving them, about 3 minutes or until a golden-brown crust on the cut sides is achieved.

Stir occasionally, about another 3-5 minutes, to ensure even cooking.

Remove from heat. Drizzle with grated parmesan and balsamic glaze before serving.



Nutrition Facts Servings: 4, Serving size: 1 serving,

Amount per serving: **Calories 167**, **Total Fat 7.8g** (10% DV), Sat. Fat 1.3g (6% DV),
Trans Fat 0g, **Cholesterol 1mg** (0% DV), **Sodium 158mg** (7% DV), **Total Carb. 22g** (8% DV),
Fiber 7.6g (27% DV), Total Sugars 8.6g (Incl. 0g Added Sugars, 0% DV), **Protein 7g**,
Vit. D (0% DV), Calcium (7% DV), Iron (16% DV), Potassium (16% DV).



*“The world is a better place with caregivers like this team.
I am so grateful.” – Pulmonary Rehab Patient*

Butternut Squash Mac n' Cheese

Yield: 8 servings

Ingredients

Mac n' Cheese

2 Tablespoons butter
2 Tablespoons all-purpose flour
1 1/2 cup 1% milk
2 garlic cloves, minced
1/2 teaspoon dried sage
1/2 teaspoon fresh thyme, minced
1/2 teaspoon garlic powder
1/4 teaspoon kosher salt
1/2 teaspoon black pepper
1/4 teaspoon nutmeg
1/4 teaspoon cayenne pepper
2 (15-oz.) cans butternut squash puree
3/4 cup shredded Gruyere cheese
3/4 cup finely grated fresh Parmigiano-Reggiano cheese
1/4 cup Pecorino Romano cheese, divided
12 oz. whole wheat short pasta, cooked and strained

Topping

1 teaspoon olive oil
1/4 cup panko (Japanese breadcrumbs)

Directions

Preheat oven to 375 degrees F. Grease a 9x13 deep baking dish.

Mac n' Cheese

In a large saucepan over medium heat, melt the butter down. Add the flour and whisk to combine. Simmer until golden brown. Add milk, continuing to whisk, until combined.

Add garlic, herbs and spices.

Whisk in butternut squash puree, Gruyere, Parmigiano-Reggiano, and 2 tablespoons (half) of the Pecorino Romano until melted and smooth.

Remove pan from heat and mix in cooked pasta. Transfer to baking dish.

Topping

In a small bowl, combine topping ingredients and remaining 2 tablespoons Parmigiano-Reggiano. Sprinkle evenly over mac n' cheese in baking dish.

Place in oven and bake for 10-15 minutes, until topping is golden brown.

Nutrition Facts Servings: 8, Serving size: 1 serving,

Amount per serving: **Calories 262**, **Total Fat** 11g (14% DV), Sat. Fat 6.9g (35% DV),
Trans Fat 0g, **Cholesterol** 27mg (9% DV), **Sodium** 269mg (12% DV), **Total Carb.** 30g (11% DV),
Fiber 4.2g (15% DV), Total Sugars 9g (Incl. 0g Added Sugars, 0% DV), **Protein** 13g,
Vit. D (3% DV), Calcium (23% DV), Iron (8% DV), Potassium (7% DV).



Pumpkin Pie Energy Bites

Yield: 15 servings

Ingredients

Bites

1/2 cup canned pumpkin puree
1/2 cup creamy peanut butter
1/3 cup pure maple syrup
1/2 cup pecans (or walnuts)
2 teaspoons pumpkin pie spice
2 Tablespoons ground flaxseed (optional)
1/4 teaspoon kosher salt
2 cups old-fashioned rolled oats

Icing

1/4 cup dark chocolate chips
1 teaspoon coconut oil
Pinch of cinnamon



Directions

Bites

Add all 'bite' ingredients to a food processor and pulse until well combined.

Use a medium cookie scoop to grab dough and hand roll into balls. Place energy bites on a baking sheet and freeze for 30 minutes.

Icing

Add chocolate chips and coconut oil to a microwave safe bowl. Microwave in 30 second intervals until chocolate is melted. Drizzle over energy bites, then sprinkle with light dusting of cinnamon. Place back in freezer for 10 minutes before serving.

Nutrition Facts Servings: 15, Serving size: 1 serving,

Amount per serving: **Calories 170**, **Total Fat** 10g (13% DV), Sat. Fat 2.3g (12% DV),
Trans Fat 0g, **Cholesterol** 0mg (0% DV), **Sodium** 23mg (1% DV), **Total Carb.** 17g (6% DV),
Fiber 3g (10% DV), Total Sugars 5.5g (Incl. 4.4g Added Sugars, 9% DV), **Protein** 4.4g,
Vit. D (0% DV), Calcium (2% DV), Iron (7% DV), Potassium (3% DV).

"I will never stop coming. This program has changed my life."

– Patient comments overheard in the elevator



Strawberry Cheesecake “Ice Cream”

Yield: 4 servings

Ingredients

1 (15 oz.) container 4% milkfat cottage cheese
2 Tablespoons honey
1 cup fresh strawberries
¼ cup graham cracker crumbs

Directions

Add all ingredients to a blender and blend until smooth. Transfer into a container to freeze for 1 hour or up to 4 hours. Stir every 30 minutes or so for best ice cream consistency. *Freezing for >4 hours or overnight is not recommended.



Nutrition Facts Servings: 8, Serving size: 1 serving,

Amount per serving: **Calories 90, Total Fat 2.7g** (3% DV), Sat. Fat 1.5g (7% DV),
Trans Fat 0g, **Cholesterol 12mg** (4% DV), **Sodium 216mg** (9% DV), **Total Carb. 10g** (4% DV),
Fiber 0.5g (2% DV), Total Sugars 8.2g (Incl. 5g Added Sugars, 10% DV), **Protein 6.4g**,
Vit. D (0% DV), Calcium (5% DV), Iron (1% DV), Potassium (2% DV).

“Everyone should do this!”

– Many patients in Cardiac Rehab, Pulmonary Rehab,
and Cancer Wellness





We know that exercise and nutrition are medicine. We recognize the therapeutic benefits of our programs are a critical part of the healing process for patients. Knowing that the cost of healthcare can be overwhelming and serve as a barrier to life-saving care, the Novant Health Foundation established scholarship funds to support our patients. Our goal is to ensure the gift of exercise and nutrition are not out of reach for patients.

Patients share stories of gratitude throughout the year. These stories of hope and healing guide and support our mission of connecting donors to initiatives that save lives and improve the health of the community we serve.

If you would like to share your story of gratitude for our Cardio-Pulmonary Rehab and Cancer Wellness programs, please talk to your program manager, who will connect you to our Novant Health Foundation team. You may also scan the QR code below to share your story.

