All Health Education Staff maintain confidentiality. Students can feel comfortable discussing personal delicate and critical issues here and also get general health information.

Health Educators:
Sue Guevremont, R.N., B.S.N.  sguevremont@uri.edu  401-874-5149
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Health Education Support Staff:
Marilyn Mayerhofer  marilynm@uri.edu  401-874-5954

Student Support Staff:
Jon Bento  Gianna Madonna-Lendvai
Rachelle Mirandou  Matt Wray

Nutrition:
Kelli Kidd, RD  kelli_kidd@uri.edu  401-874-5951
Call 401-874-5954 for an appointment

Violence Prevention & Advocacy Services:
Christiana Molinski, MS  Interim Coordinator  401-874-9131
Kelley Ryan, MA, LMHC  Interim Coordinator  401-874-9131

Do you want to know more about a specific health topic? Visit our website: uri.edu/health, click on Health Ed
Call 401-874-5954  Fax 401-874-4773
**MISSION**
Health Education is designed to be an integral part of the campus community by providing health awareness and promotion as well as education and health interventions that maximize individuals’ wellness and community health.

**DORM WORKSHOPS**
*Can be held in any Residence Hall, Sorority or Fraternity House!*
Call 401-874-5954
- Cold/Flu Prevention and Treatment
- Beer Goggles
- Skin Machine
- Stress-less
- Nutrition
- Sex Ed – Ask the Nurse Practitioner

**CPR/FIRST AID**
Classes are certified by the American Heart Association. Call 401-874-5954
For more information and class schedule go to: uri.edu/health

**ADDICTED TO NICOTINE?**
Meet with our Tobacco Treatment Specialists for free counseling:
- Free initial nicotine replacement therapy
- Develop a personalized quit plan
- Minimize withdrawal symptoms
- Find alternatives to nicotine
Call URI Health Services to schedule an appointment: 401-874-5954

**FALL 2019 WELLNESS CLINICS**
**WEDNESDAYS 11:30 A.M. – 1:30 P.M.**
**MU – Memorial Union Booth 3**

**SEPTEMBER**
- 9/11 Away From Home 101
- 9/18 Party Smarts
- 9/25 Alcohol Awareness

**OCTOBER**
- 10/2 Screen Addiction/Phobia
- 10/9 Healthy Eating
- 10/16 KISS (Keep it Sexually Safe)
- 10/23 Body Image
- 10/30 Condoms Are No Trick/STIs Are No Treat

**NOVEMBER**
- 11/6 Flu Prevention
- 11/13 Improve Your Snooze
- 11/20 Mindfulness

**DECEMBER**
- 12/11 Stress Relief Day

**Special Events**
**Wednesday, September 25**
Alcohol Awareness Event Quad (rain location: MU)

**Wednesday, December 11**
Stress Relief Day Memorial Union, Union Square

**Nutrition**
Individual counseling sessions are available. Workshops on topics such as healthy eating, weight management, disordered eating, body image, vegetarian diets, sports nutrition and other topics on request.
Contact Health Services at 401-874-5954.
Stop & Shop grocery tours available.
To make an appointment online, go to: uri.edu/health, click on Health Education