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

**Monday thru Friday - 8 a.m. to 4 p.m.**
**LOCATION:** Potter Building Lower Level

**Health Educators:**
Roger F. Jadosz, R.N., B.S.N., B.A., roger@uri.edu 874-5154
Sheila G. Mitchell, R.N., B.S.N. sheilaq22@uri.edu 874-5149

**Nutrition:**
Susan Ash, M.S., R.D.N., L.D.N., sueash@uri.edu 874-5951

**Health Education Support Staff:**
Marilyn Mayerhofer marilynm@uri.edu 874-5954

**Student Support Staff:** Brittany Puccia Lauren Shanahan, Zach Silvia, Elizabeth Wray

Do you want to know more about a specific health topic? Visit our Website: uri.edu/health, click on Health Ed
Call 874-5954  Fax 874-4773
WELCOME TO HEALTH EDUCATION

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.

SERVICES, WORKSHOPS & ONE-to-ONE SESSIONS
Call 874-5954

WELLNESS
- Satellite Wellness Clinic
- Cold/Flu/Allergies Self-Care
- Stress Management Workshops
- Resource Library
- Endless Abilities
- Body Art

DESIGNER DRUGS
- Molly, GHB, Ketamine, Spice, K2, Bath Salts

CPR/FIRST AID
- American Heart Association
- New: Pizza with a Twist

NUTRITION
- Individual Nutrition Counseling
- Nutrition Workshops:
  - Eating Healthy
  - Body Image
  - Eating Problems
  - Eating Healthy in Dining Halls
  - Supplements
  - Mindful Eating

RELATIONSHIPS & SEXUAL RESPONSIBILITY
- Sexual Decision Making
- Birth Control
- STI & Pregnancy Counseling

SPRING 2016
WELLNESS CLINICS
WEDNESDAYS 11:30 A.M. - 1:30 P.M.
MU – Memorial Union Booth 3

FEBRUARY
2/3 Cold & Flu Tips
2/10 Relationships
2/17 Bystander Intervention
2/24 Body Image

MARCH
3/2 RI Organ Donor
3/9 Tanning
3/16 Beach Party
3/30 STIs

APRIL
4/6 Health Fair
4/13 Caffeine & Energy Drinks
4/20 Test Anxiety
4/27 Stress Relief Day

SPECIAL EVENTS
MARCH
Wed., 3/16 Beach Party - MU, Union Square
Apr., 4/6 Health Fair - MU, Booths 3, 4 & 5
Wed., 4/27 Stress Relief Day - Quadrangle

SURVIVE THE WEEKEND!
Make it a night to remember, not one to forget. Protect yourself and your friends. Topics include, but are not limited to: drug facilitated sexual assault, bystander intervention, popular drugs used today, and much more. Call to schedule a workshop in ANY residence hall, sorority, fraternity or classroom. Call Roger, RN, 874-5154.
Via email: roger@uri.edu

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

WHAT ABOUT YOUR SEXUALITY?
Sexuality is a healthy and natural aspect of who we are. Sexuality is expressed in many ways and can produce a wide range of emotions & questions having to do with relationships, boundaries, values, communication, birth control options, sexually transmitted infections and much more! Health Ed provides individual counseling or workshops in any residence hall, sorority, fraternity or classroom. Ask Sheila @ 874-5149 or sheilag22@uri.edu

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 Sue Ash at 874-5951 via email: sueash@uri.edu
To make an appointment online, go to: uri.edu/health, click on Health Education

Visit us on FACEBOOK and URI Today!