Rhode Island Weight Management Resource Guide 2013

Updated May 2013:
Rhode Island Hospital, Hasbro Children's Hospital, The Miriam Hospital; Roger Williams Hospital; Shape Up RI; Greater Providence YMCA; The Initiative for a Healthy Weight, Rhode Island Department of Health
## PROGRAMS

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Original document created by
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Dr. Linda Shalon

This document was created by several hospitals in Rhode Island to serve as a community reference. It exists in the public domain. No guarantees are made with regard to its accuracy. It is suggested that you verify the information prior to using it with patients after 2013.
HOSPITAL AND MEDICAL CENTER-BASED
PROGRAMS FOR ADULTS

Landmark Medical Center: Outpatient Nutrition Department
115 Cass Avenue, Woonsocket, RI    Phone: (401) 769-4100 ext. 2006
• Specialties: gestational diabetes. Insurance: All insurance accepted

Memorial Hospital of Rhode Island: Nutrition Education Center
111 Brewster Street, Pawtucket, RI 02860   Phone: (401) 729-2334  www.mbri.org

The Miriam Hospital:
Weight Management Program: Dr. Vincent Pera
146 West River Street, Suite 11A, Providence, RI 02904 For more information: (401) 793-8740
To register: (401) 444-4800  http://www.miriamhospital.org
• A comprehensive, medically supervised weight management program for adults who are mildly, moderately, or severely overweight. Involves exercise counseling, nutrition education, behavior therapy, and medical monitoring. Certified by the Rhode Island Department of Health.

Behavioral Medicine Clinic:  Terry Jerominek, MS RD, LDN, CDOE
164 Summit Avenue, Providence, RI 02906    Phone: (401) 793-8740
• Specialties: Adult weight and chronic disease management

Outpatient Nutrition Services: 164 Summit Avenue, Providence, RI 02906   Phone: (401) 793-8740
• Specialties: blood lipid disorders, diabetes mellitus (Type 1 and Type 2), food allergies and intolerances, gastrointestinal disorders, weight management problems

Mary Flynn, PhD, RD, LDN: Phone: (401) 793-2621
• Specialties: General (except diabetes), plant-based olive oil diet

Kellie Armstrong, RN, MS, CBN
• Department of Bariatric Surgery: Bariatric R.D. Phone: (401) 793-3922  Clinical R.D. fax: (401) 793-2606

Bariatric Surgery Program: 164 Summit Avenue Providence, RI 02906   Phone: (401) 793-3922
http://www.miriamhospital.org/bariatric-surgery
• Dietitians are available who specialize in individual, supportive nutritional counseling for all aspects of bariatric care. Our focus is to help patients reach and maintain their goals. Appointments available for initial evaluations, pre-operative and post-operative nutrition education.

Rhode Island Hospital:
Nutrition Teaching Center: 593 Eddy Street, Providence, RI 02903    Phone: (401) 444-7152
http://www.rhodeislandhospital.org/services/rhode-island-hospital-nutrition-teaching-center
• Specialties: Celiac disease; diabetes; food allergies; gastrointestinal problems; gastroesophageal reflux disease; high cholesterol; hypertension; hypoglycemia; kidney disease; obesity

South County Hospital Medical & Wellness Center:
Nutrition Counseling Services: Gerry Maynard, RD, LDN CDE, CDOE & Bonny Seekell, MS, RD, LDN, CDOE
3461 South County Trail (Rt. 2), East Greenwich, RI   Phone: (401) 782-8020 x 3366
• One-on-one and group counseling. Specialties: Crohn's disease, dysphasia, high blood pressure, high cholesterol, hyperlipidemia, obesity, reactive hypoglycemia, diabetes and other conditions
Weight Loss Program: Phone: (401) 788-1135
- 12-week weight management program for adolescents and adults and exercise programs are tailored to individual needs, designed and supervised by exercise physiologists

Our Lady of Fatima Hospital:
Diabetes Resource Outpatient Program: 200 Highservice Ave, North Providence, RI 02904  Phone: 401-456-3746
http://www.fatimahospital.com/services/diabetes-outpatient-education/
- Specialties: During this 5-week session, you will learn about such topics as nutrition, medication, exercise, blood sugar monitoring, blood glucose goals, managing illness, coping strategies, the latest research and much more. You will meet and gain the support from others who share the diagnosis of diabetes. You will learn that you are not alone and leave with strategies for success. Available to patients of St. Joseph’s Health Center.

Westerly Hospital:
Nutrition and Weight Management Center: 25 Wells Street, Westerly, RI 02891 Phones: (401) 348-3339
http://www.westerlyhospital.org/specialized-care/
- Individual program for people seeking weight loss and a healthier lifestyle. Clinical staff provides outpatient nutrition counseling including: therapeutic diets with physician referral and low-fat, low cholesterol, and weight control eating plans without physician referral. Insurance: Accept most insurance; financial assistance available

Women and Infants Hospital:
Doreen Chin Pratt, MS, RD, LDN
101 Dudley Street, Providence, RI 02905  Phone: (401) 274-1122 ext. 2760  E-mail: dchinpratt@wihri.org
Outpatient Nutrition Services
Phone: (401) 274-1122 ext. 2749; Fax. (401) 453-7584  www.womenandinfects.org
- Specialties: pregnancy and other adult women’s health.

Hillside Family and Community Medicine:
Tanya Solberg, MS, RD, LDN, CDOE
33 Danielson Pike Unit B, North Scituate, RI 02857  Phone: (401) 934-3545  727 East Avenue, Pawtucket, RI 02860
Phone: (401) 725-6160
- Individual and group visits available. Services offered in both English and Spanish. Customized counseling, exercise & meal plans. Specialties: nutrition and diabetes education for all ages; disease prevention strategies including cardiovascular, obesity, diabetes, celiac, Crohn's and more. Insurance: most major insurances accepted plus Access Alliance for the uninsured.

Care New England Wellness Center:
Out-Patient Nutrition Counseling Service: Joan Perlmutter, RD LDN CDOE
2191 Post Road, Warwick, RI 02886  Phone: (401) 732-3066  E-mail: jperlmutter@carenewengland.org
http://www.cnewellnesscenter.org
- Diabetes management and weight loss counseling. 5-week diabetes education program. Healthy Steps Program: 12-week customized program with registered dietitians and exercise physiologists which includes a membership to the Healthtrax fitness center. Insurance: Accept most insurances.
HOSPITAL AND MEDICAL CENTER-BASED PROGRAMS FOR CHILDREN

Hasbro Children's Hospital:

General Nutrition Clinic
593 Eddy Street, Providence, RI  Phone: (401) 444-7152
Specialties: overweight/obesity, failure to thrive, underweight, picky eating, high risk infants, tube feeding, basic food allergies/intolerances

Insulin Resistance Clinic
1 Hoppin Street, Suite 3055, Providence, RI 02903  Phone: (401) 444-5504
• For overweight children and teens with insulin resistance. The team includes an endocrinologist, dietitian & exercise physiologist

CHANGES Weight Management Program
1 Hoppin Street, Coro West, Suite 1.300, Providence, RI 02903  Phone: (401) 793-8829
• The team includes a pediatric endocrinologist, a registered dietitian, and a behavioral psychologist. Treatment options: 12-session, group-based lifestyle intervention focused on balanced deficit diet, behavioral modification, and supervised exercise sessions. Individual or family follow up sessions with any member of the treatment team to address specific concerns related to weight management. Referral to bariatric surgery for appropriate candidates. A web-based maintenance program to provide social support following the lifestyle intervention

Kent Hospital:

Kids Choose to be Healthy: Pamela Hill, RD LDN
455 Toll Gate Road, Warwick, RI  Phone: (401) 737-7010, ext 1237
• Program targets children ages 6-10 yrs. Children's education will encompass hands-on activity, while the parents’ portion will include more discussion. Offered at various locations throughout the year. Spanish interpreters available. 8- week sessions

South County Hospital:

Gerry Maynard, RD, LDN CDE, CDOE: Bonny Seekell, MS, RD, LDN, CDOE
3461 South County Trail (Rt. 2), East Greenwich, RI  (401) 782-8020 x 3366

The Westerly Hospital:

Nutrition & Weight Management Center
25 Wells Street, Westerly, RI  Phone: (401) 348-3339 www.westerlyhospital.org
• Individual nutrition counseling for children & teens

South County Food, Fitness, and Fun Program: Stephanie M. Marchand, PhD, RD, LDN, CLC
70 Kenyon Avenue, Wakefield, RI 02879  Phone: (401) 789-5924 (select SCFFF from the automated menu for more info) Email: scfoodfitnessandfun@gmail.com
• 16-week study/program designed to improve nutrition, physical activity and body image in overweight children and slow down the rate of weight gain. The goal is to improve health and quality of life. For children between the ages of 7-11 with a BMI greater than the 85th percentile for age and gender.

The Groden Network: Dr. June Groden, Executive Director & Ayelet Kantor, Ph.D., RD, Associate Director
Contact Person: Maggie Powers, Community Support Services office  610 Mount Hope, Providence RI 02909  Phone: (401) 274 6310 ext. 1110
• Specialties: Nutrition and psychological counseling for individuals with autism and behavioral challenges at all ages.
Children’s Hospital Medical Center:
Optimal Weight for Life (OWL) 300 Longwood Avenue, Fegan 5th floor, Boston, MA
Phone: (617) 355-5159; Fax: 617 730-0467  www.childrenshospital.org/owl
  • Evaluation & treatment of overweight children & young adults ages 2-23 years. Type 2 and pre-diabetes consults.

Boston Medical Center:
Nutrition & Fitness for Life Program (NFL Program)
Dowling Building, 4th Floor, Room 4417, 771 Albany Street, Boston, MA. For Patients: (617) 414-6876.
Fax: (617) 414-3644  For appointments or to refer a patient: (800) 682-2862, Fax: (617) 414-6856.
www.bmc.org/pediatrics/services/Specialty/Nutrition/index.html
  • Individual & group weight management for children & their families.
Dietitians in Private Practice

Private practice Registered dietitians in your area can be found by calling your health insurance company or online at www.eatright.org. *Member of the Academy of Nutrition and Dietetics/Rhode Island Dietetic Association.

Providence County

Lauren Talbert, RD, LDN: Providence, RI   Phone: (401) 575-6384
- Specialties: Weight management, diabetic education, gastrointestinal nutrition related issues, prenatal nutrition.

Heathway RI
Peggy O’Neill, RD, CDOE, CDE; Karen Zangari, MS, RD, LDN; Diana Beaton, MS, RD, CDOE & Rebehka Teixeira, RD
1145 Reservoir Avenue Suite 126, Cranston, RI 02920   Phone: (401) 228-6010
600 Putnam Pike Suite 11, Greenville, RI 02828   Phone: (401) 349-4870
E-mail: peggy@healthwayri.necoxmail.com
- Specialties: diabetes, weight control, cardiovascular, gastrointestinal, childhood obesity, eating disorders, sports medicine. Insurance: Blue Cross, United Health, Medicare, Neighborhood, Tufts, and Aetna

Andrea Nero MS, RD, LDN, CLT*: 1681 Cranston Street, Suite H, Cranston, RI 02920   Phone: (401) 343-0998
E-mail: gourmetRD@gmail.com  www.GourmetRD.com
- Specialties: MRT-LEAP directed elimination diet protocol for irritable bowel syndrome, fibromyalgia, migraine and other chronic inflammatory conditions. Insurance: BCBS, Harvard-Pilgrim

Nutritionally Sound, LLC: Meg O’Rourke, RD, LDN
900 Reservoir Avenue, Cranston, RI 02910   Phone: (401) 245-8784; Fax: (401) 245-2009
E-mail: meg@harmonywithfood.com  www.harmonywithfood.com
- We offer individualized nutrition counseling, group classes, lectures and grocery store tours. Specialties: weight Loss, diabetes, cardiovascular disease, eating disorders, GI disorders including celiac disease & IBS, pregnancy. Insurances Accepted: BCBS of RI, BCBS of MA, United Health Care, Aetna, Tufts, Cigna, Harvard Pilgrim, Medicare

Laurie Lovgren, MSW, RD, LDN, CDOE
1255 Oaklawn Avenue, Cranston, RI 02920   Phone: (401) 391-2326

Nurturing Nutrition, LLC: Katie Mulligan, MS, RD, LDN
1220 Pontiac Avenue, Ste. 302, Cranston, RI 02920   E-mail: katie@nurturing-nutrition.com
www.nurturing-nutrition.com  Phone: (401) 441-6405  Fax: (401) 228-3515
- Specialties: children and families; Certified in Childhood and Adolescent Weight Management. Insurance: Blue Cross and Blue Shield, UHC, NHP, Aetna, Tufts, RiteCare

Mary Proietta, MS, RD, CDE, CDOE, LDN
610 Waterman Avenue, East Providence, RI 02914   Phone: (401) 465-2360
- Specialties: diabetes education, pre-diabetes, allergies/food sensitivity, weight management, digestive disorders, lipid disorders, cholesterol lowering, vegetarian diets, and preventative health. Insurances: Blue Cross, Blue Chip, United Health Plan, Aetna, Tufts, Medicare, and Harvard Pilgrim

Ann Marie Chalmers-Sabula, RD, LDN, CDOE, CDE*
East Providence Senior Center, 610 Waterman Avenue, East Providence, RI 02914   Phone: (401) 289-0549
E-mail: amcsabula@cox.net
- Specialties: diabetes, pre-diabetes, high cholesterol/heart disease, weight management, celiac disease, food allergies/sensitivities, digestive disorders, cancer, nutrition supplements, vegetarian diets, and preventative health. Insurance: Blue Cross, United Health, Neighborhood, Medicare, Tufts, Aetna and Harvard Pilgrim
**Nutrition Inc.:** Heather J. Gagliardi, MS, RD, CDE, CDOE, CVDOE, LDN; Patricia Sloss, MS, RD, CDOE, LDN & Lois Pierce, RD, CDOE, CVDOE, LDN
525 Taunton Avenue Suite 300, East Providence, RI 02914
- Specialties: nutrition counseling for adults and children, diabetes, bariatric, eating disorders, PCOS, obesity, celiac, cardiac (HTN and lipid, triglycerides and cholesterol) and sports.

**Nutrition Concepts:** Michelle Lamoureux, RD, LDN
1200 Hartford Avenue Suite 126, Johnston, RI 02919  Phone: (401) 595-5407 E-mail: NutritionConcepts123@yahoo.com
- Specialties: pediatrics, as well as individualized nutrition counseling for all ages.
  - Insurance: Blue Cross, United, Neighborhood, and Tufts

**Nutrition Consultants, LLC:** Michelle Smith, RD, LDN, CDOE*; Lindsey Baker, RD, LDN* & Sue Boyd, RD, LDN, CDOE*
2 Wake Robin Road Suite 205, Lincoln RI 02865, 285 Governor St, Providence, RI 02906, 49 Seekonk Street, Providence, RI 02906  Phone: (401) 615-5538 (Main # to make appointments for all locations)
E-mail: msdietitian@cox.net
- Specialties: Eating disorders, weight management, diabetes, GI disorders, dyslipidemia, sports nutrition, child nutrition, geriatric nutrition.
  - Insurance: All insurances accepted, except Medicaid

**Wellness Resolutions, LLC:** Rachel Roberts, RD, LDN, CPT
1243 Mineral Spring Avenue, #211, North Providence, RI 02904  Phone: (401) 305-6602
www.wellnessresolutions.com  www.facebook.com/wellnessresolutions
- Specialties: weight management, high cholesterol, high blood pressure, diabetes, digestive disorders, general health and wellness. Individual consultation, group consultation, programs/workshops. Additional Information: In addition to being a nutritionist, Rachel is a personal trainer certified by the National Academy of Sports Medicine. She offers personal training and small group fitness classes in her North Providence office.
  - Insurance: Blue Cross Blue Shield, Blue Chip, United Health, Tufts, Aetna and Medicare.

**Cooking UP Good Nutrition:** Allison M. Acquisto, AS, MA, RD, LDN*
1640 Jackson Schoolhouse Rd, Pascoag, RI 02859  Phone: (401) 286-8998  E-mail: aacquisto@cox.net
- Specialties: nutrition educator with culinary expertise, health and wellness, disease prevention through whole food nutrition, personal chef service, wellness workshops, and counseling for groups and individuals of all ages.

**Gretchen Stalters, MS, RD**
59 Prospect Street, Pawtucket, RI 02860  Phone: (508) 622-0813
- Specialties: Pediatric and adult counseling on weight management, Celiac Disease, food allergies, eating disorders

**EVOLUTION**
Emily Gedney, RD; Kali Garges, Rousseau, RD, LDN; Meghan Martorana RD, LDN; Amy King, RD LDN & Kelly Markiewicz RD LDN
University Gastroenterology, 33 Saniford Street, Providence, RI 02906; The Handel Center (Summit Medical Bldg), 100 Highland Ave, Providence, RI 02906; Phone: (401) 396-9331 (main # to make ALL appointments)
E-mail: kalig@evolutionrd.com  www.evolutionri.com
- Specialties: individualized nutritional counseling, cooking classes, grocery store tours, personal training, nutrition boot camp, Pilates, and yoga.
  - Insurance: Blue Cross Blue Shield, United, Neighborhood, TriCare, and Medicare

**Lauren Solomon, RD, LDN**
Providence, RI  Phone: (401) 575-6384  E-mail: lauren_solomon4@yahoo.com
- Specialties: weight management, diabetic education, gastrointestinal nutrition related issues, food allergies, cancer prevention, pregnancy and post partum.

**Keep Your Diet Real:** Corrine E. Fischer, MS, RD, LDN
450 Veterans Memorial Parkway, Suite 10, East Providence, RI 02914  Phone: (401) 413-0212; Pedi Office: (401) 438-6888  E-mail: keepyourdietreal@gmail.com  www.keepyourdietreal.com
- Specialties: pediatric weight management. Certified in Childhood and Adolescent Weight Management.
  - Insurance: Blue Cross and Blue Shield, NHP, Aetna
KENT COUNTY

Nutrition Care, Inc.: Cynthia P. Sawicky, RD, LDN, CDOE*
982 Tiogue Avenue 2nd Floor, Coventry, RI 02852  Phone: (401) 667-0452; Fax: 401-667-2894
E-mail: cindy@nutritioncareinc.necoxmail.com

Adriana Brayman, RD, LDN, CNSC
110 Main Street, Suite 202, East Greenwich, RI 02818
Phone: (401) 559-5649   E-mail: amagliari@hotmail.com  www.baysidecounselingri.com

• Specialties: eating disorders (all ages), pediatric nutrition, pediatric and adult weight management, celiac
disease, wide-range of experience and knowledge in various diseases and disorders (pediatric and adult).

EVOlution

Emily Gedney, RD; Kali Garges, Rousseau, RD, LDN; Meghan Martorana RD, LDN; Amy King, RD LDN & Kelly
Markiewicz RD LDN
University Gastroenterology. 1407 South Country Trail Building #4 Suite 410, East Greenwich, RI 02818  Phone: (401)
396-9331 (main # to make ALL appointments)  E-mail: kalig@evolutionrd.com  www.evolutionri.com

• Specialties: individualized nutritional counseling, cooking classes, grocery store tours, personal training,
nutrition boot camp, Pilates, and yoga. Insurance: BCBS, UHC, Neighborhood, TriCare, and Medicare

Integrated Medical Weight Loss: Beth Rocchio, MD, Medical Director & Randi Belhumeur, MS RD LDN CDOE
1050 Main Street Suite 18, East Greenwich, RI 02818  Phone: (401) 886-9669   www.IntegratedMedicalWeightLoss.com
www.bethrocchiomd.com

• Program team includes: Nurse Practitioner, Physician, Dietitian, Social Worker. Our team covers medical
management, diet, exercise, and counseling for stress-related weight gain. We also offer a structured plan,
helpful if metabolism is an issue, for faster weight loss is needed/desired. Insurance: accepting most major
health insurance

Food for the Soul: Mary Jane Euell, MA, RD, LDN, CDOE*
215 Toll Gate Road Suite 201 & 306, Warwick, RI 02886
Phone: (401) 739-7345 ext. 4  E-mail: maryjaneuell@hotmail.com  twitter@foodforthesoul.com

• Specialties: cancer, diabetes, celiac disease, compulsive eating, overweight children, general nutrition and
therapeutic diets. Insurance: All major insurance accepted.

Nancy Egelhofer, RD, LDN, CDE, CDOE
75 Wesleyan Avenue, Warwick, RI 02886  Phone: (401) 456-3198  E-mail: negelhofer@saintjosephri.com

• Specialties: weight management, diabetes, general nutrition. Can manage with Spanish speaking 1:1 clients,
however, not fluent.

Nutrition Consultants, LLC: Michelle Smith, RD, LDN, CDOE*; Lindsey Baker, RD, LDN* & Sue Boyd, RD, LDN,
CDOE* 1 James Murphy Highway, West Warwick, RI 02893  Phone: (401) 615-5538 (Main # to make appointments for
all locations)  msdietitian@cox.net

• Specialties: eating disorders, weight management, diabetes, GI disorders, dyslipidemia., sports nutrition, child
nutrition, geriatric nutrition. Insurance: All insurances accepted, except Medicaid

Wellness Resolutions, LLC: Rachel Roberts, RD, LDN, CPT
328 Cowssett Avenue, West Warwick, RI 02904  Phone: (401) 305-6602  E-mail: rroberts@wellnessresolutions.com
www.facebook.com/wellnessresolutions

• Specialties: weight management, high cholesterol, high blood pressure, diabetes, digestive disorders, general
health and wellness. Individual consultation, group consultation, programs/workshops. Additional
information: Rachel is a personal trainer certified by the National Academy of Sports Medicine. She offers
personal training and small group fitness classes in her North Providence office. Insurance: Blue Cross Blue
Shield, Blue Chip, United Health, Tufts, Aetna and Medicare

Elaine Piasecki, MS, RD, LDN, CDOE, CVDOE
Cranston, RI  Phone: (401) 942-6959

• Specialties: weight management, cardiovascular and diabetes
BRISTOL COUNTY

Karen Gladney, MS, RD, LDN, CDOE*
22 Pine Top Road, Barrington, RI 02806  Phone: (401) 246-0582
Specialties: individualized family-centered nutrition counseling, Shapedown Provider (Certified Pediatric Obesity Specialist), eating disorders, diabetes education, heart disease, weight management for all ages.
Insurance: Accepts Blue Cross Blue Shield, Blue Chip, United, Tufts, Cigna, Aetna and Medicare

Lauren Talbert, RD, LDN
Barrington, RI  Phone: (401) 575-6384
Specialties: Weight management, diabetic education, gastrointestinal nutrition related issues, prenatal nutrition.

EVOLUTION

Emily Gedney, RD; Kali Garges Rousseau, RD, LDN; Meghan Martorana, RD, LDN; Amy King, RD, LDN & Kelly Markiewicz, RD, LDN
685 Metacom Avenue, Bristol, RI 02809  Medical Associates of Rhode Island, 1180 Hope Street, Bristol, RI 02809
Phone: (401) 396-9331 (main # to make ALL appointments)  E-mail: kalig@evolutionrd.com  www.evolutionri.com
Specialties: individualized nutritional counseling, cooking classes, grocery store tours, personal training, nutrition boot camp, Pilates, and yoga.  Insurance: Blue Cross Blue Shield, United, Neighborhood, TriCare, and Medicare

Mary Proietta MS, RD, CDE, CDOE, LDN
970 Hope Street, Bristol, RI 02809  Phone: (401) 465-2360
Specialties: diabetes education, pre-diabetes, allergies/food sensitivities, weight management, digestive disorders, lipid disorders, cholesterol lowering, vegetarian diets, and preventative health.
Insurances: Blue Cross, Blue Chip, United Health Plan, Aetna, Tufts, Medicare, and Harvard Pilgrim

NEWPORT COUNTY

Eat To Live: Melissa Kirdzik MS, RD, LDN
195 Broadway, Newport RI 02840  www.eattolive.biz  (401) 486-7089

Nutrition Consultants, LLC: Michelle Smith, RD, LDN, CDOE*; Lindsey Baker, RD, LDN* & Sue Boyd, RD, LDN, CDOE* 700 Aquidneck Avenue, Middletown, RI 02842  Phone: (401) 615-5538 (Main # to make appointments for all locations)  E-mail: msdietitian@cox.net
Specialties: eating disorders, weight management, diabetes, GI disorders, dyslipidemia, sports nutrition, child nutrition, geriatric nutrition.  Insurance: All insurances accepted, except Medicaid

Nutritionally Sound, LLC: Meg O'Rourke, RD, LDN
2444 East Main Road, Portsmouth, RI 02871  Phone: (401) 245-8784; Fax: (401) 245-2009
E-mail: meg@harmonywithfood.com  www.harmonywithfood.com
Specialties: weight loss, diabetes, cardiovascular disease, eating disorders, GI disorders including celiac disease & IBS, pregnancy & more. We offer individualized nutrition counseling, group classes, lectures and grocery store tours.
Insurances Accepted: BCBS of RI, BCBS of MA, United Health Care, Aetna, Tufts, Cigna, Harvard Pilgrim, Medicare

Eat To Live: Melissa Kirdzik, RD, LDN
Renaissance Fitness and Wellness Center, 195 Broadway, Newport, RI 02840  Phone: (401) 486-7089  www.eattolive.biz
Specialties: weight management, sports nutrition, eating disorders, diabetes, cholesterol, high blood pressure, GERD, and GI complications, multiple sclerosis
Newport Nutrition: Joanne Faris, MS, RD, LDN, CDOE
4 Calvert Street, Newport, RI 02840  Phone: (401) 849-1030
108 Evans Avenue, Tiverton, RI 02878  Phone: (401) 624-2266
  • Specialties: adults and adolescents/pediatric clients. Therapeutic diets, weight management, wellness, diabetes, cardiac, GI disorders including celiac disease, eating disorders, and vegetarianism. Insurance: BC&BC, Blue Chip, United, Tufts, Medicare, and other plans may pay on a case by case basis.

EVOLUTION
Emily Gedney, RD; Kali Garges, Rousseau, RD, LDN; Meghan Martorana, RD, LDN; Amy King, RD, LDN & Kelly Markiewicz, RD, LDN
Aquidneck Medical Center, 50 Memorial Boulevard, Newport, RI 02842  Phone: (401) 396-9331 (main # to make ALL appointments)  kalig@evolutionrd.com  www.evolutionri.com
  • Specialties: individualized nutritional counseling, cooking classes, grocery store tours, personal training, nutrition boot camp, Pilates, and yoga.  Insurance: Blue Cross Blue Shield, United, Neighborhood, TriCare, and Medicare

WASHINGTON COUNTY

Food, Nutrition and Yoga Therapy: Pamela Rand, RD, LDN*, CDOE, RYT
1167 Kingstown Road, Unit #3, Wakefield, RI 02879  Phone: (401) 295-4003  E-mail: prandfruit@cox.net
  • Specialties: individual and group counseling including food, nutrition and yoga demonstrations for work place wellness programs

Nutrition Care, Inc.: Cynthia P. Sawicky, RD, LDN, CDOE*
420 Scrabbletown Road H3 and H4, North Kingstown, RI 02852  Phone: (401) 667-0452
E-mail: cindy@nutritioncareinc.ncoxmail.com

RI Nutrition House Calls: Corinne Goff, RD, LDN
Phone: (401) 286-3373  www.rinutritionhousecalls.com
  • Specialties: vegetarian/vegan diets, healthy weight management, diabetes management

Catherine Conrad, RD, LDN, CLT
Wakefield, RI 02879  E-mail: ConradRD@gmail.com
  • Specialties: pediatrics, weight management, women’s health, sports nutrition, food sensitivities.

Vitamin Smart Directions, Inc: Marcie A. Millar, RD, LDN Graduate of Foundations in Herbal Medicine
40 Charles Street, Unit C, Wakefield, RI 02879  Phone: (401) 782-6800  www.Vitaminsmartdirectionsinc.com
  • Specialties: customized nutrition therapy for adults and children, dietary supplement specialist and educator, nutrition in complementary and alternative care, integrative approach to assessment and recommendation.

NEARBY MASSACHUSETTS

EVOLUTION
Emily DelConte, RD; Kali Garges, Rousseau, RD, LDN; Meghan Martorana RD, LDN; Amy King, RD LDN & Kelly Markiewicz RD LDN
1301 Fall River Avenue, Seekonk, MA 02771 & 207 Swansea Mall Drive, Swansea, MA 02777
Phone: (401) 396-9331 (main # to make ALL appointments)  E-mail: kalig@evolutionrd.com  www.evolutionri.com
  • Specialties: individualized nutritional counseling, cooking classes, grocery store tours, personal training, nutrition boot camp, Pilates, and yoga.  Insurance: Blue Cross Blue Shield, United, Neighborhood, TriCare, and Medicare
Gretchen Stalters, MS, RD
7 Stonyfield Road, Norton, MA 02766  Phone: (508) 622-1813
- Specialties: pediatric and adult counseling on weight management, celiac disease, food allergies, eating disorders
- Insurance: Most insurance accepted.

Nutritious & Delicious, LLC: Kara Cucinotta, MS, RD, LDN*
32 Norfolk Avenue, South Easton, MA 02375  Phone: (508) 479-0017; Fax: (508) 238-1005
E-mail: kara@nutritious-delicious.net  www.nutritious-delicious.net
- Specialties: pediatrics (infancy through adolescence), maternal nutrition, overweight/obesity (certified in childhood and adolescent weight management), culinary arts. Services offered: Individual counseling, culinary demonstrations, and supermarket tours. Insurance: Blue Cross Blue Shield, Harvard Pilgrim Healthcare; fee-for-service
COMMUNITY-BASED FITNESS CENTERS AND NUTRITION PROGRAMS

Rhode Island Free Clinic: Wellness Works Program
655 Broad Street, Providence, RI  Phone: (401) 274-6347  E-mail: info@rifreeclinic.org  www.rifreeclinic.org

- Encourages healthy lifestyle changes for adults to help prevent and manage chronic disease. Classes offered include: exercise, diabetes management, nutrition, yoga, weight management, and smoking cessation. To participate in Wellness Works activities, you must first become a patient of RIFC by participating in a monthly lottery system.
- Patients qualify as adults between the ages of 18 and 65, residents of Rhode Island, and having income at or below 150% of the federal poverty level. Call or email us for more information regarding our lottery system.

6 Weeks to Wellness: Jen Morin, Fitness Director
Dartmouth Total Fitness, 360 Faunce Corner Rd, North Dartmouth, MA; Bristol Total Fitness, 685 Metacom Ave, Bristol, RI Seekonk Total Fitness, 1301 Fall River Ave (rt. 6), Seekonk, MA; Swansea Total Fitness, 201 Swansea Mall Dr, Swansea, MA; Phone: (401) 254-3900  E-mail: exercise@totalfitnessclubs.com
www.totalfitnessclubs.com/6weekstowellness#Participants

- Program Description: 6-week introduction to fitness program designed for people with existing health issues or whose current lifestyle is leading to health issues

Boys and Girls Clubs of Greater Providence  www.bgca.org  Dues are $18 per year

- Several locations throughout the state. Open afternoons, evenings, and weekends. Providing nutritious meals and snacks for youth after school, as well as promoting physical activity

Camp Kingsmont
Emily Dickinson Hall, 893 West St, Amherst MA  Phone: (877) FIT-CAMP or (703) 288-0047
www.campkingsmont.com

- Summer program for children ages 7-18 yrs who have struggled with their weight. Campers receive nutritional advice and participate in a wide range of physical activities.  ACA certified.

RI Fit Kids Program: Healy Physical Therapy
927 B Warren Ave, East Providence, RI 02914  Phone: (401) 438-0905; Fax: (401) 438-0903
E-mail: info@healypt.necoxmail.com  www.healyphysicaltherapy.com/rifitkid.html

- Children 6-17 years learn aerobic and strength conditioning exercises twice weekly during an 8-12 week program.
- Participants will receive customized exercise plans that they can continue at home.

Healthtrax Fitness Center:  15 Catamore Blvd, East Providence, RI  Phone: (401) 434-3600
2191 Post Road, Warwick, RI  Phone: (401) 732-2413

- Accept most health insurance plans. Partners with corporations for discounts. Fitness and wellness programs for kids 2-21 years. Pool availability, swim lessons.

YMCA:  Contact your local YMCA to find information on nutrition and/or fitness programs
Pawtucket Family YMCA
20 Summer Street, Pawtucket, RI 02860  Phone: (401) 727-7900

Newport County YMCA
792 Valley Road, Middletown, RI 02842  Phone: (401) 847-9200 or (401) 848-7521

Kent County YMCA
900 Centerville Road, Warwick, RI 02886  Phone: (401) 828-0130

Bayside YMCA of Barrington
70 West Street, Barrington, RI 02806  Phone: (401) 245-2444

East Side/Mt. Hope YMCA
438 Hope Street, Providence, RI 02906  Phone: (401) 521-0155 or (401) 521-7252

- Summer camps with full & half day options allow children to participate in swimming, boating, basketball and other physical activities. Specialty camps focus on interests like dance, cheer or sports. During the school year after-school program with transportation from a number of schools with a similar program. Both programs accept Spanish speakers.
OTHER DIETITIAN RESOURCES

Anna Maria Bertorelli, MBA, RD, LDN, CDE: Diabetes Program Coordinator / Senior Dietitian   Rhode Island Hospital / Hasbro Children's Hospital 593 Eddy St, Providence, RI 02903   Phone: (401) 444-6596   E-mail: abertorelli@lifespan.org

Barbara Robinson, MPH, RD, CNSD
Pediatric Nutrition Specialist,  Hasbro Children’s Hospital Clinical Teaching Associate,   Alpert Medical School of Brown University   Phone: (401) 444-8178  www.lifespan.org/hch/services/gi/staff/robinson.htm  Specialty: speaking to physician and nurse groups, GI conditions.

ONLINE RESOURCES

Weight Management
- American Dietetic Association – [www.eatright.org](http://www.eatright.org)
- USDA’s My Plate – [www.choosemyplate.gov](http://www.choosemyplate.gov)
- Kids Health. – [www.kidhealth.org](http://www.kidhealth.org)
  Contact Person: Angela Ankoma, angela.ankoma@health.ri.gov
- Bam – [www.bam.gov](http://www.bam.gov)
- “Shape up Rhode Island” Program – [www.shapeupri.org](http://www.shapeupri.org)

Centers for Disease Control sponsored websites

Calorie Information and Online Diaries
- Calories Count Online Food Diary – [www.caloriesscount.com/FoodDiary.aspx](http://www.caloriesscount.com/FoodDiary.aspx)
- Calorie King – [www.calorieking.com](http://www.calorieking.com)
- Nutridiary – [www.nutridiary.com](http://www.nutridiary.com)
- My Fitness Pal – [www.myfitnesspal.com](http://www.myfitnesspal.com)

Healthy Recipes
- Cooking Light – [www.cookinglight.com](http://www.cookinglight.com)
- [www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org)

Phone Apps
Other Resources

- For a complete list of playgrounds, places to hike, beaches and camping visit: www.Rifamilyguide.com/outdoorfun.html#parks/playgrounds
- Fitness Centers for Youth http://www.usgyms.net/rhode_island.htm
- Nutrition Counseling Resources www.eatrightri.org/services.htm

BREASTFEEDING RESOURCES


- Compiled by the Rhode Island Breastfeeding Coalition. The directory contains breastfeeding resources including classes, support services, books, videos, websites, and professional services. Includes tools and guidelines that professionals can use for managing common breastfeeding problems.

Rhode Island Department of Health: http://health.ri.gov/family/breastfeeding

- The Department of Health collaborates with and supports health care professionals and community groups working to increase breastfeeding rates in Rhode Island. The breastfeeding website (above) provides links to local and national resources, breastfeeding tips, information for employers, insurance information, and breastfeeding protection laws.
ADDITIONAL COMMUNITY RESOURCES

Shape Up RI: www.shapeupri.org
- SURI is a statewide community and workplace wellness program founded on the belief that healthy living lies in the power of teamwork through peer and community support. The health campaigns encourage Rhode Islanders to pursue healthy lifestyles through increased physical activity, healthier eating and other wellness behaviors. Participants compete on teams and track their behaviors in challenges designed to motivate and encourage positive lifestyles. Participants can take part in free activities and wellness events offered throughout the state during the campaign to increase variety and support for long-term lifestyle behavior change. Since 2006, over 40,000 Rhode Islanders have participated in this successful program, losing thousands of pounds, walking millions of miles, and proving that teamwork and community are a powerful prescription for taking control of our health. Shape Up RI is a 501(c)(3) non-profit organization.

WIC (The Special Supplemental Nutrition Program for Women, Infants, and Children):
- Call 401-222-5960 or 1-800-942-7434. You can also go to http://www.health.ri.gov/family/wic to find the closest agency and to determine program eligibility. Program for eligible pregnant women, breastfeeding and postpartum mothers, babies, and children younger than five years old. Eligible fathers, grandparents, and foster parents can also apply for WIC for children in their care. Program provides nutritious supplemental foods, nutrition education, breastfeeding advice and support, and health care referrals. The WIC team at local agencies includes many levels of professional staff: nutritionists, lactation specialists including International Board Certified Lactation Consultants (IBCLCs) and Certified Lactation Counselors (CLCs), and breastfeeding peer counselors.

Farm Fresh Rhode Island:
- Many farmers markets in RI accept EBT cards. Using your EBT card is easy; you swipe the card and get tokens which you can use to buy farm fresh foods at these markets. When you use your EBT card at the market you can get up to $10 in free Bonus Bucks. Find a list of farmers markets that accept EBT at http://www.farmfreshri.org.

Rhode Island Families in Nature:
- An organization that sponsors monthly hikes, offers safety tips on hiking with children, and a free monthly newsletter. Go to http://www.rifamiliesinnature.org for time and location of each monthly hike.

Children and Nature Network:
- A vast amount of resources that connect children with the outdoors. http://childrenandnature.org

The Great Outdoors Pursuit:
- An event that brings Rhode Island families outdoors to attend special events at all state parks. For more information contact: Rhode Island Division of Parks and Recreation 2321 Hartford Avenue, Johnston, RI 02919 www.riparks.com Fax: 401-934-0610

Weight Watchers: Phone: (800) 651-6000 or go to http://www.weightwatchers.com

Overeaters Anonymous: Phone: (505) 891-2664 or go to http://www.oa.org

Middletown Senior Center: Middletown RI; Phone: (401) 849-8823 www.middletownri.com
- Available to all residents of Newport County. Zumba, dance classes, and wii bowling classes available to seniors.

Diabetes Association of Fall River: 170 Pleasant St, Fall River, MA (508) 672-5671
- Power to Move Exercise Program; Mondays 5-6pm. 26 Caroline Street, New Bedford Massachusetts. Strength Training Class; Monday 11am-12pm.