Rhode Island Weight Management Resource Guide 2014

Updated April 2014 by

Lifespan
Health & Benefits
Working Healthy
"Delivering health with care"
Original document created by
Barbara Robinson, MPH, RD, CNSD
Dr. Linda Shalon

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HOSPITAL AND MEDICAL CENTER-BASED PROGRAMS FOR ADULTS

Landmark Medical Center: Outpatient Nutrition Department
115 Cass Avenue, Woonsocket, RI | Phone: (401) 768-6043
- Specialties: Diabetes of any kind, obesity, cholesterol. Insurance: All insurance accepted.

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

The Miriam Hospital:
Bariatric Surgery Program: 164 Summit Avenue Providence, RI 02906 | Phone: (401) 793-4719
Fax: (401) 793-7983 | 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.

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

Kellie Armstrong, RN, MS, CBN
- Center for Bariatric Surgery: Bariatric R.D. | Phone: (401) 793-3544; Hotline: (401) 793-3922; Clinical R.D. Fax: (401) 793-7866

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

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.

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.

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
- Specialties: Crohn's disease, dysphasia, high blood pressure, high cholesterol, hyperlipidemia, obesity, reactive hypoglycemia, diabetes, and other conditions. One-on-one and group counseling.
Cardio Gym Weight Loss Program: Phone: (401) 782-8020 ext. 3484  
- 12-week weight management program for adolescents and adults. Exercise programs are tailored to individual needs, designed and supervised by exercise physiologists.

Westerly Hospital:
Nutrition and Weight Management Center: 25 Wells Street, Westerly, RI 02891 | Phone: (401) 348-3464  
http://www.westerlyhospital.org/specialized-care/
- Individual program for people seeking weight loss or assistance with any nutritional issue. Clinical staff provides outpatient nutrition counseling including: therapeutic diets with physician referral and low-fat, low cholesterol, and weight control eating plans. 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. 42760 | E-mail: dchinpratt@wihri.org
Outpatient Nutrition Services
Phone: (401) 274-1122 ext. 42749; Fax: (401) 453-7584 | www.womenandinfants.org
- Specialties: Pregnancy and other adult women’s health.

Hillside Family and Community Medicine:
Tanya Solberg, MS, RD, LDN, CDOE  
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: Kathy Shilko, RD & Elaine Piasecki, RD  
2191 Post Road, Warwick, RI 02886 | Phone: (401) 732-3066   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 insurance.
HOSPITAL AND MEDICAL CENTER-BASED PROGRAMS FOR CHILDREN

Hasbro Children's Hospital:

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.

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.

Kent Hospital:

Kids Choose to be Healthy: Pamela Hill, RD LDN
455 Toll Gate Road, Warwick, RI | Phone: (401) 737-7010, ext. 31237

- Program targets children ages 6-10 years. 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 ext. 3366

The Westerly Hospital:

Nutrition & Weight Management Center
25 Wells Street, Westerly, RI | Phone: (401) 348-3464 | 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
Contact Person: Sherri Huxtebly, Community Support Services office
86 Mount Hope, Providence RI 02909 | Phone: (401) 274 6310

- 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) 333 Longwood Avenue, 2nd Floor, Boston, MA 02115
Phone: (617) 355-5159; Fax: (617) 730-0467 www.childrenshospital.org/owl
• Evaluation & treatment of overweight children & young adults. 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) 414-4841;
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

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, Cigna, Aetna, and Harvard Pilgrim.

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.

EVOLUTION
Emily DelConte, RD; Kali Garges, Rousseau, RD LDN; Meghan Martorana RD LDN; Amy King, RD LDN;
Kelly Markiewicz RD LDN; Sarah Larson, RD LDN
Phone:  (401) 396-9331; Fax:  (401) 396-9369 (main # for ALL locations)
E-mail:  kalig@evolutionrd.com | www.evolutionrd.com
University Gastroenterology: 33 Staniford St, Providence, RI 02906; Gastroenterology Associates: 44 West River St, Providence, RI 02904; Consultants in Gastroenterology: 148 West River St, Providence, RI 02904; University Internal Medicine: 407 East Ave, Suite 120, Pawtucket, RI 02860; Waterman Pediatrics: 900 Warren Ave, Suite 200, East Providence, RI 02914
  • Specialties: Individualized nutritional counseling, cooking classes, grocery store tours. Insurance: Blue Cross Blue Shield, United, Neighborhood, Medicare, Harvard Pilgrim, Cigna, and Tufts.

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, and eating disorders. Insurance: Most insurance accepted.

Healthway RI
Peggy O’Neill, RD, CDOE, CDE; Karen Zangari, MS, RD, LDN; Rebekha 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
1 Randall Square, Suite 302, Providence, RI 02904 | Phone:  (401) 228-6010
E-mail:  peggy@healthwayri.necoxmail.com | www.healthwayri.com
  • Specialties: Diabetes, weight control, cardiovascular, gastrointestial, childhood obesity, eating disorders, sports medicine. Insurance: Blue Cross, United Health, Medicare, Neighborhood, Tufts, and Aetna.

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.

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

Laurie Lovgren, MSW, RD, LDN, CDOE
1255 Oaklawn Avenue, Cranston, RI 02920 | Phone: (401) 391-2326
- Specialties: Medical nutrition therapy for adults/children: Diabetes, cardiovascular, gastrointestinal, weight management, childhood obesity, and eating disorders.

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.
- Insurance: Blue Cross, Blue Chip, United Health Plan, Aetna, Tufts, Medicare, Harvard Pilgrim, and Neighborhood Health.

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 & more.
- Insurances Accepted: BCBS of RI, BCBS of MA, United Health Care, Tufts, Cigna, Harvard Pilgrim, and Medicare.

Nurturing Nutrition, LLC: Stephanie O’Donnell, MS, RD, LDN
2893 Post Road, Warwick, RI 02886 | E-mail: stephanie@nurturing–nutrition.com | www.nurturing-nutrition.com
Phone: (401) 441-6405; Fax: (401) 537-9150
- Specialties: Children and families; Certified in childhood and adolescent weight management.
- Insurance: Blue Cross and Blue Shield, UHC, NHP, Aetna, Tufts, and RiteCare.

Nutrition Inc.: Heather J. Gagliardi, MS, RD, CDE, CDOE, CVDOE, LDN; Patricia Sloss, MS, RD, CDOE, LDN; Lois Pierce, RD, CDOE, CVDOE, LDN
Phone: (401) 490-0900; Fax: (401) 490-0975 | http://nutritioninc.org/
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, Tufts, Medicare, and Medicaid.

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 insurance 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.
- Insurance: Blue Cross Blue Shield, Blue Chip, United Health, Tufts, Aetna, Cigna, and Medicare.

KENT COUNTY

Adriana Brayman, RD, LDN, CNSC
110 Main Street, Suite 306, East Greenwich, RI 02818
Phone: (401) 559-5649 | E-mail: abrayman5@gmail.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).

Eat To Live: Melissa Kirdzik, MS, RD, LDN
3377 South County Trail, East Greenwich, RI | Phone: (401) 486-7089
Email: Melissa@eattolive.biz | www.eattolive.biz

- Specialties: weight management, sports nutrition, eating disorders, diabetes, cholesterol, high blood pressure, GERD, GI complications, multiple sclerosis.

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

- Specialties: Weight management, cardiovascular, and diabetes.

EVOLUTION
Emily DelConte, RD; Kali Garges, Rousseau, RD LDN; Meghan Martorana, RD LDN; Amy King, RD LDN;
Kelly Markiewicz RD LDN; Sarah Larson RD LDN
Phone: (401) 396-9331; Fax: (401) 396-9369 (main # for ALL locations)
E-mail: kalig@evolutionrd.com | www.evolutionrd.com
University Gastroenterology: 1407 South Country Trail, Building #4 Suite 410, East Greenwich, RI 02818; Medicine Faculty Partners: 1407 South Country Trail, Building #4 Suite 432, East Greenwich, RI 02818

- Specialties: individualized nutritional counseling, cooking classes, grocery store tours.

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: maryjaneeuell@hotmail.com | Twitter: @foodforthesoul

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

Integrated Medical Weight Loss: Beth Rocchio, MD, Medical Director
Patrice French, NP; Nicole Gardella, NP, CDOE; Nancy Seery, RD; Kelly O’Malley, MSW, LICSW;
Mandy Crandall, MSW, LICSW
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 as needed/desired. Insurance: accepting most major health insurance.
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 Care: 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

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.

Nutrition Inc.: Heather J. Gagliardi, MS, RD, CDE, CDOE, CVDOE, LDN; Patricia Sloss, MS, RD, CDOE, LDN; Lois Pierce, RD, CDOE, CVDOE, LDN
Phone: (401) 490-0900; Fax: (401) 490-0975 | http://nutritioninc.org/
Coastal Medical: 1351 South County Trail, East Greenwich, RI 02818
- Specialties: Nutrition counseling for adults and children, diabetes, bariatric, eating disorders, PCOS, obesity, celiac, cardiac (HTN and lipid, triglycerides and cholesterol) and sports.

Nutritionally Sound, LLC: Meg O’Rourke, RD, LDN
857 Post Road, Warwick, RI 02887 | 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 & more.
  Insurances Accepted: BCBS of RI, BCBS of MA, United Health Care, Tufts, Cigna, Harvard Pilgrim, and Medicare.

BRISTOL COUNTY

EVOLUTION
Emily DelConte, RD; Kali Garges Rousseau, RD, LDN; Meghan Martorana, RD, LDN; Amy King, RD, LDN; Kelly Markiewicz, RD, LDN; Sarah Larson, RD, LDN
Phone: (401) 396-9331; Fax: (401) 396-9369 (main # for ALL locations)
E-mail: kalig@evolutionrd.com | www.evolutionrd.com
Main Office: 685 Metacom Avenue, Bristol, RI 02809
- Specialties: individualized nutritional counseling, cooking classes, and grocery store tours.
  Insurance: Blue Cross Blue Shield, United, Neighborhood, Harvard Pilgrim, Cigna, Tufts, and Medicare.

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.
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.
  Insurance: Blue Cross, Blue Chip, United Health Plan, Aetna, Tufts, Neighborhood Health, Harvard Pilgrim, and Medicare.

Nutrition Inc.: Heather J. Gagliardi, MS, RD, CDE, CDOE, CVDOE, LDN; Patricia Sloss, MS, RD, CDOE, LDN; Lois Pierce, RD, CDOE, CVDOE, LDN
Phone: (401) 490-0900; Fax: (401) 490-0975 | http://nutritioninc.org/
Warren Family Practice: 851 Main Street, Warren, RI 02885
- Specialties: Nutrition counseling for adults and children, diabetes, bariatric, eating disorders, PCOS, obesity, celiac, cardiac (HTN and lipid, triglycerides and cholesterol) and sports.

NEWPORT COUNTY

Eat To Live: Melissa Kirdzik, MS, RD, LDN
Renaissance Fitness and Wellness Center: 195 Broadway, Newport, RI 02840 | Phone: (401) 486-7089
Email: Melissa@eattolive.biz | www.eattolive.biz
- Specialties: weight management, sports nutrition, eating disorders, diabetes, cholesterol, high blood pressure, GERD, GI complications, multiple sclerosis.

EVOlUTION
Emily DelConte, RD; Kali Garges, Rousseau, RD, LDN; Meghan Martorana, RD, LDN; Amy King, RD, LDN; Kelly Markiewicz, RD, LDN; Sarah Larson, RD, LDN
Phone: (401) 396-9331; Fax: (401) 396-9369 (main # for ALL locations)
E-mail: kalig@evolutionrd.com | www.evolutionrd.com
Aquidneck Medical Center: 50 Memorial Boulevard, Newport, RI 02842
- Specialties: individualized nutritional counseling, cooking classes, grocery store tours.
  Insurance: Blue Cross Blue Shield, United, Neighborhood, Harvard Pilgrim, Cigna, Tufts, and Medicare.

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 insurance 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
- 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 & more. Insurances Accepted: BCBS of RI, BCBS of MA, United Health Care, Tufts, Cigna, Harvard Pilgrim, and Medicare.

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.
WASHINGTON COUNTY

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

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.
- Producer of http://yoguides.com/-Mindfulness and stress release at your desk in minutes.

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

Nutrition Inc.: Heather J. Gagliardi, MS, RD, CDE, CDOE, CVDOE, LDN; Patricia Sloss, MS, RD, CDOE, LDN; Lois Pierce, RD, CDOE, CVDOE, LDN
Phone: (401) 490-0975 | http://nutritioninc.org/
Scrabbletown Professional Center: 426 Scrabbletown Road, North Kingstown, RI 02852
- Specialties: Nutrition counseling for adults and children, diabetes, bariatric, eating disorders, PCOS, obesity, celiac, cardiac (HTN and lipid, triglycerides and cholesterol) and sports.

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

Vitamin Smart Directions, Inc: Marcie A. Millar, RD, LDN Graduated 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

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, and 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
- 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

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, 207 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 programs designed for people with existing health issues or whose current lifestyle is leading to health issues.

Boys and Girls Clubs of Greater Providence | www.bgcprov.org | Phone: (401) 444-0750
- 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.
- $24 annual due per child.

Healthtrax Fitness Center: 15 Catamore Blvd, East Providence, RI | Phone: (401) 434-3600; 2191 Post Road, Warwick, RI | Phone: (401) 732-2413 | www.healthtrax.com
- Accept most health insurance plans. Partners with corporations for discounts. Some youth classes for 5-8 years of age. Pool availability, swim lessons.

Rhode Island Free Clinic: Healthy Lifestyles Program
655 Broad Street, Providence, RI | Phone: (401) 274-6347 | Email: info@rifreeclinic.org | www.rifreeclinic.org
- Encourages healthy lifestyle changes for adults 19-65 to help prevent and manage chronic disease. Classes offered include: diabetes management, fitness and nutrition, weight management, and smoking cessation. To participate in Healthy Lifestyles you must first meet eligibility guidelines to become a patient of the Clinic. For more information and eligibility guidelines please contact the Clinic.

RI Fit Kids Program: Healy Physical Therapy
927 B Warren Ave, East Providence, RI 02914 | Phone: (401) 438-0905; Fax: (401) 438-0903
2295 Diamond Hill Rd, Cumberland, RI 02864 | Phone: (401) 305-3858; Fax: (401) 305-3859
E-mail: info@healypt.nexcoxdmail.com | www.healyphysicaltherapy.com/ri-fit-kids.html
- Obesity program that targets hypertension or clinical obesity.
- Children 6-17 years learn aerobic and strength conditioning exercises twice weekly during an 8-12 week program while also meeting with a nutritionist. Participants will receive customized exercise plans that they can continue at home.

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

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

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

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 afterschool program with transportation from a number of schools with a similar program. Both programs accept Spanish speakers.

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

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

Then go on to share the programs below.
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
• Specialty: Speaking to physician and nurse groups, GI conditions.

ONLINE RESOURCES

Calorie Information and Online Diaries
• Livestrong MyPlate – www.livestrong.com/myplate
• Calories Count Online Food Diary – www.calorieking.com
• Calorie King – www.calorieking.com
• My Net Diary – www.mynetdiary.com/index.html
• Nutridiary – www.nutridiary.com
• My Fitness Pal – www.myfitnesspal.com

Centers for Disease Control sponsored websites
• http://www.cdc.gov/nccdphp/dnpa/obesity/index.htm
• http://www.cdc.gov/healthyweight/index.html

Healthy Recipes
• Cooking Light – www.cookinglight.com
• Food Network – www.foodnetwork.com/healthy-eating/index.html
• www.fruitsandveggiesmorematters.org

Phone Apps
• EatBetter GoalGetter (http://www.bluecrossma.com/goal-getter/)
• Calorie Tracker (http://www.livestrong.com/thedailyplate/iphone-calorie-tracker/)
• SparkPeople (http://www.sparkpeople.com/mobile-apps.asp)
• My Net Diary (https://mynetdiary.com/logonPage.do)
• My Fitness Pal (http://www.myfitnesspal.com/)

Weight Management
• Academy of Nutrition and Dietetics – www.eatright.org
• USDA’s My Plate – www.choosemyplate.gov
• Kids Health. – www.kidshealth.org
• We Can! – http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/
• Contact Person: Eliza Lawson, MPH eliza.lawson@health.ri.gov
• Bam – www.bam.gov
• “Shape up Rhode Island” Program – www.shapeupri.org
Other Resources

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

BREASTFEEDING RESOURCES

Rhode Island Breastfeeding Resource Directory:

- 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

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

Diabetes Association of People Incorporated: 4 South Main St, Fall River, MA | Phone: (508) 679-5233
peopleinc-fr.org/programs/diabetes-association-inc/
- Power to Move Exercise Program: Mondays 5-6pm.  26 Caroline Street, New Bedford, Massachusetts.
- Strength Training Class: Monday 11am-12pm.
- Support groups.

Farm Fresh Rhode Island:
- Many farmers markets in RI accept EBT cards. Using your EBT card is easy. 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

Middletown Senior Center: Middletown, RI | Phone: (401) 849-8823
http://www.middletownri.com/government/12/senior-center
- Available to all residents of Newport County.  Zumba, dance classes, and Wii bowling classes available to seniors.

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

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. This health campaign encourages 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. Over the past 7 years, more than 70,000 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.

- 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

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.

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