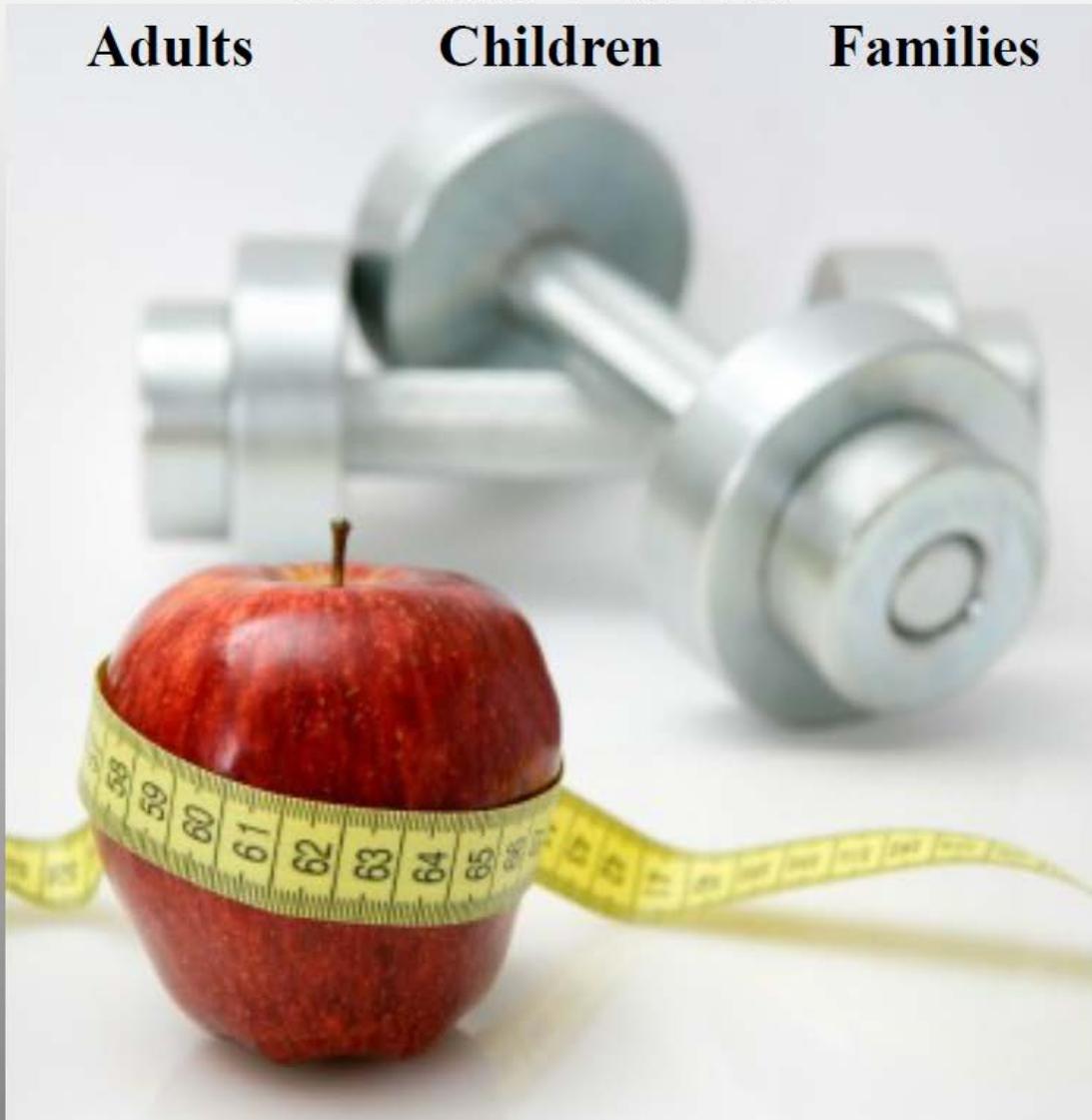


# Rhode Island Weight Management Resource Guide 2013

Adults

Children

Families



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  
Barbara Robinson, MPH, RD, CNSD  
Dr. Linda Shalon

This document was created by several hospitals in Rhodes 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.mhri.org](http://www.mhri.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

<http://www.schospital.com/Services/EducationWellnessPrograms/tabid/211/Default.aspx>

- 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](mailto:dchinpratt@wihri.org)

#### **Outpatient Nutrition Services**

Phone: (401) 274-1122 ext. 2749; Fax. (401) 453-7584 [www.womenandinfants.org](http://www.womenandinfants.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](mailto:jperlmutter@carenewengland.org)

[Http://www.cnewellnesscenter.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

[www.kenthospital.org/documents/kent\\_kidschoose\\_fact\\_sheet.pdf](http://www.kenthospital.org/documents/kent_kidschoose_fact_sheet.pdf)

- 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](http://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](mailto: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 85<sup>th</sup> 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 5<sup>th</sup> floor, Boston, MA

Phone: (617) 355-5159; Fax: 617 730-0467 [www.childrenshospital.org/owl](http://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, 4<sup>th</sup> 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](http://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](http://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@heathwayri.necoxmail.com](mailto:peggy@heathwayri.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](mailto:gourmetRD@gmail.com) [www.GourmetRD.com](http://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](mailto:meg@harmonywithfood.com) [www.harmonywithfood.com](http://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

- Specialties: medical nutrition therapy for adults/children: diabetes, cardiovascular, gastrointestinal, weight management, childhood obesity and eating disorders.

#### *Nurturing Nutrition, LLC: Katie Mulligan, MS, RD, LDN*

1220 Pontiac Avenue, Ste. 302, Cranston, RI 02920 E-mail: [katie@nurturing-nutrition.com](mailto:katie@nurturing-nutrition.com)

[www.nurturing-nutrition.com](http://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](mailto: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](http://www.wellnessresolutions.com) [www.facebook.com/wellnessresolutions](http://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](http://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](http://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 2<sup>nd</sup> 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](http://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](http://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](http://www.IntegratedMedicalWeightLoss.com)  
[www.bethrochiomd.com](http://www.bethrochiomd.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](https://twitter.com/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](mailto: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](mailto: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 Cowesett Avenue, West Warwick, RI 02904 Phone: (401) 305-6602 E-mail: [rroberts@wellnessresolutions.com](mailto:rroberts@wellnessresolutions.com)  
[www.facebook.com/wellnessresolutions](http://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](http://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](http://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](http://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](http://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](http://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.necoxmail.com

**RI Nutrition House Calls: Corinne Goff, RD, LDN**

Phone: (401) 286-3373 [www.rinutritionhousecalls.com](http://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](http://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](http://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](mailto:kara@nutritious-delicious.net) [www.nutritious-delicious.net](http://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](mailto:info@rifreeclinic.org) [www.rifreeclinic.org](http://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](mailto:exercise@totalfitnessclubs.com)

[www.totalfitnessclubs.com/6weekstowellness#Participants](http://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](http://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](http://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](mailto:info@healypt.necoxmail.com) [www.healyphysicaltherapy.com/rifitkid.html](http://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](mailto: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](http://www.lifespan.org/hch/services/gi/staff/robinson.htm) Specialty: speaking to physician and nurse groups, GI conditions.

## ONLINE RESOURCES

### Weight Management

- Weight Management and Obesity Resource List – <http://www.nal.usda.gov/fnic/pubs/bibs/topics/weight/consumer.pdf>
- American Dietetic Association – [www.eatright.org](http://www.eatright.org)
- USDA's My Plate – [www.choosemyplate.gov](http://www.choosemyplate.gov)
- Weight-control Information Network (WIN) – [http://win.niddk.nih.gov/publications/take\\_charge.htm](http://win.niddk.nih.gov/publications/take_charge.htm)
- Kids Health. – [www.kidshealth.org](http://www.kidshealth.org)
- We Can! – <http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/>  
Contact Person: Angela Ankoma, [angela.ankoma@health.ri.gov](mailto: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

- <http://www.cdc.gov/nccdphp/dnpa/obesity/index.htm>
- <http://www.cdc.gov/healthyweight/index.html>
- <http://www.cdc.gov/Features/Fruits&Veggies/>

### Calorie Information and Online Diaries

- MyPyramid Tracker – <http://www.cnpp.usda.gov/MyPyramidTracker.htm>
- Livestrong MyPlate – [www.livestrong.com/myplate](http://www.livestrong.com/myplate)
- Calories Count Online Food Diary – [www.caloriescount.com/FoodDiary.aspx](http://www.caloriescount.com/FoodDiary.aspx)
- Calorie King – [www.calorieking.com](http://www.calorieking.com)
- My Net Diary – [www.mynetdiary.com/index.html](http://www.mynetdiary.com/index.html)
- Nutridiary – [www.nutridiary.com](http://www.nutridiary.com)
- My Fitness Pal – [www.myfitnesspal.com](http://www.myfitnesspal.com)

### Healthy Recipes

- SNAP-Ed Recipe Finder – <http://recipefinder.nal.usda.gov>
- allrecipes.com – [www.allrecipes.com/recipes/healthy-recipes/main.aspx](http://www.allrecipes.com/recipes/healthy-recipes/main.aspx)
- Cooking Light – [www.cookinglight.com](http://www.cookinglight.com)
- Food Network – [www.foodnetwork.com/healthy-eating/index.html](http://www.foodnetwork.com/healthy-eating/index.html)
- [www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org)

### Phone Apps

- Pedometer App ([http://www.ibx.com/htdocs/custom/healthysteps/pedometer\\_app.html?popup=true&size=standard](http://www.ibx.com/htdocs/custom/healthysteps/pedometer_app.html?popup=true&size=standard))
- 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/>)

## Other Resources

- *For a complete list of playgrounds, places to hike, beaches and camping visit:* [www.Rifamilyguide.com/outdoorfun.html#parks/playgrounds](http://www.Rifamilyguide.com/outdoorfun.html#parks/playgrounds)
- *Childhood Obesity: A Resource List for Educators and Researchers* <http://www.nal.usda.gov/fnic/pubs/bibs/topics/weight/childhoodobesity.pdf>
- *Fitness Centers for Youth* [http://www.usgyms.net/rhode\\_island.htm](http://www.usgyms.net/rhode_island.htm)
- *Nutrition Counseling Resources* [www.eatrightri.org/services.htm](http://www.eatrightri.org/services.htm)
- *Sports and Recreation Opportunities* [www.rislandinfo.com/contentlist.asp?PAGE=337](http://www.rislandinfo.com/contentlist.asp?PAGE=337)

## BREASTFEEDING RESOURCES

**Rhode Island Breastfeeding Resource Director:** <http://health.ri.gov/publications/resourcedirectories/2009Breastfeeding.pdf>

- 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](http://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](http://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](http://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.