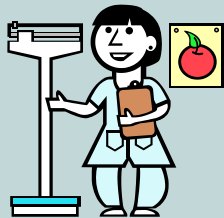


Karen K. Fiorenza,

## *The goal of the Nutrition Services at West Chester University:*

*“To provide optimal nutritional care and education to our students so as to promote and ensure a healthy and positive college experience.”*



### Location:

2nd floor Wayne Hall  
Room 238

### Availability:

Monday - Friday 8-4

### Contact:

610-738-0348

KFiorenza@wcupa.edu

Establishing the nutritional needs of West Chester University students is an ongoing process. As time goes on, different priorities in the realm of nutrition and dietetics take the stage at WCU. Currently determined needs include, but are not limited to: Healthy Eating, Weight Loss, Eating Disorders, Sports Nutrition, Diabetes Education, and Individual Clinical Issues.

*Karen K. Fiorenza is a registered and licensed dietitian, well trained and experienced in the field of nutrition and dietetics.*

*Please feel free to call or e-mail with any questions, concerns or requests.*



**West Chester University**

*Student Health & Wellness Center*

*Nutrition Services*

**Karen Fiorenza, RD, LDN**



## Services We Offer...

- ◇ Individual counseling for a wide variety of nutritional related conditions. Such issues are weight loss, eating disorders, diabetes management, food allergies, hypoglycemia, etc.
- ◇ Weight Loss/Healthful Eating classes each semester for both students and faculty. These classes are free and meet once a week for 8 weeks. The information provided in the weight loss/healthful eating classes have led to weight loss and healthful lifestyle changes for

the participants involved.



- ◇ Nutrition Skill Building group for those stu-

dents who have had or are currently dealing with an eating disorder. This group provides the individuals involved with a support network on campus and encourages small changes toward recovery.

- ◇ Diabetes Education group is available to students who have Type I or II Diabetes and are in need of support. In conjunction with allowing students to meet others who have this condition, the group also covers the diabetic exchange system in great detail.



- ◇ The nutrition link on the Student Health & Wellness Center website is always a great tool to use to obtain updated nutrition information! Updated nutrition tips, nutrition handouts, and information about classes/groups offered can be found at this link:

<http://www.wcupa.edu/services/stu.inf/Nutrition/index.asp>

- ◇ Presentations for classrooms, sports teams, the fitness center, campus groups/clubs and residence halls are always available for scheduling. Specific information can be requested for a presentation or an individualized presentation can be created based on the needs of the audience. Handouts are always given during a presentation and visuals are used as well. Power point presentations are available given the technology is available at the site of the presentation.

- ◇ Peer Educators are students who work for the Student Health & Wellness Center and promote healthier lifestyles for WCU students. In the nutrition office, the peer educators help conduct weight loss classes, give presentations, provide informative workshops, and take part in the various groups offered. They act as a liaison between the students and the registered dietitian.

