

# Have questions about your diet?

Make an appointment with  
**Alexa Schmidt**

Registered Dietitian with  
Sodexo Campus Services

# Gaining or losing weight?

**Wednesdays 10:00 am - 2:00 pm**  
in the Rec Center Wellness  
Services Suite.

Appointments are free for  
students and held in a  
private consultation room.



# Navigating dining hall food choices?

For more information or to  
schedule an appointment call  
Wellness Services at 777-3515.