

Site Contacts for Wellness Programs around Rhode Island

Fall Prevention: Alexandra Morelli | alliemorelli@uri.edu | 401-874-5311

Cindy Graves | cgraves@westbaycap.org | 401-208-9233 (Matter of Balance only)

- Matter of Balance: Managing Concerns about Falls
- Tai Ji Quan: Moving for Better Balance
- Gait Way to Better Balance

Diabetes Prevention : Lori Clark | Lori.Clark@health.ri.gov | 401-222-2973

- Ready for Health – Diabetes Prevention Program

Alzheimer's/Dementia: Annie Murphy | mmurphy@alz.org | 401-421-0008 ext 9704

- Understanding Alzheimer's and Dementia
- The Empowered Caregivers Series
- Know the 10 Signs Early Detection Matters
- Healthy Living for Your Brain and Body

Caregiving: Janine Parkins | jparkins@oceancommunityymca.org | 401-596-2894

- Powerful Tools for Caregivers

Tobacco and Cessation: Tonya Gilbert | Tanya.Gilbert@health.ri.gov | 401-222-4779

- QuitNowRI

Hypertension: Erica Hanson | Erica.Hanson@health.ri.gov | 401-222-7954

- Healthy Heart Ambassador: Blood Pressure Self-Monitoring Program

Cancer: Pawtucket YMCA | (401) 727-7900

Ocean Community YMCA | Janine Parkins | jparkins@oceancommunityymca.org | 401-596-2894

- LIVESTRONG Program