

Stacy's clinic days

- Tuesday—Congress
- Wednesday—Cherrybell
- Thursday—Southeast
- Fridays—Northwest
- Saturday—Congress

Holly's clinic days

- Monday —HealthOn Broadway
- Thursday —Congress Pediatric Clinic

Leticia's clinic days

- Monday, Wednesday-Friday —Congress

You can also see us and the Health Builder team at the following programs:

- Weight Management
- Diabetes Empowerment
- Good Health, New Vitality

Call (520) 309-2084 to ask about signing up for our classes!



How to book an appointment:

Step 1: Get a referral from your medical provider.

Step 2:

- Book an appointment before leaving the clinic with the front desk or ask your doctor's nurse (RN) or medical assistant (MA) to help you.

OR

- Call Patient Communications at (520) 670-3909

El Rio Community Health Center

Health Builders | Health & Wellness
www.elrio.org/healthbuilders/
"Your Health is our Passion"

Registered Dietitians (RD)

- Who are we?
- What is a registered dietitian versus nutritionist?
- How can we help?
- What to expect from an appointment?
- How to book an appointment?



Creating opportunities for our communities to take charge of their health and wellness.

Meet your El Rio RDs

Leticia Martinez MS RD BC-ADM



Leticia has been a community dietitian with El Rio for over 25 years. She is Board Certified in Diabetes Management and is our most advanced diabetes nutrition expert. She is bilingual, leading nutrition consults and classes in both English and

Spanish. Her hobbies are sewing, cross stitch, hiking, and walking.

Holly Bryant MPH RD CHWC CDE

Holly has been a community dietitian for 13 years. She is a Certified Diabetes Educator (CDE), which means that she taught at least 1000 hours of diabetes education and passed a national exam focused on supporting behavior change and the medical management of diabetes to improve long-term outcomes in patients. She is also a Certified Health & Wellness Coach (CHWC), receiving extra training in guiding patients through health behavior changes. Her hobbies are biking and cooking new recipes.



Stacy Peercy MPH RD CDE

Stacy has been a nutrition educator for 10 years in the Tucson area. She is a Certified Diabetes Educator (CDE) and received additional training in integrative nutrition therapies. Her hobbies are swimming, camping, and walking her dogs.



What is a Registered Dietitian?

Registered Dietitians (RDs) have completed four years of college, a supervised internship, and passed a national exam. RDs are trained to see patients of all ages, who need help with a variety of nutrition and medical conditions. We are sometimes referred to as registered nutritionists. A nutritionist, who is not registered, has not completed an internship or taken the national exam. Their background and experience varies and they're not recommended by medical doctors.

How can a Registered Dietitian (RD) help you?

RDs help patients understand how their nutrition and lifestyle can improve their health. We not only look at what you eat, but your relationship and access to food, how much and what kind of activity you get, stressors, sleep habits and other self-care behaviors. Our goal is to help you see what's in your control and create a plan to improve your health.

We can help with the following conditions and more:

Digestive health	Menopause
Weight management	Inflammation
Diabetes	Osteoporosis
Pregnancy	Pain Management
Heart disease	Cancer
High blood pressure	Thyroid issues

What can you expect at an RD appointment?

First appointment:

- Before your appointment, we'll look at your medical chart for recent labs, diagnoses, and medical treatment plan.
- Assessment—We'll ask you about your health history, what you normally eat, food allergies, digestive health, sleep pattern, exercise/activity level, stress level, and much more.
- Discuss your health and nutrition goals.
- Create a plan together!

Follow-up appointments (optional):

- It is up to you how often you'd like to see your RD.
- Topics covered at follow up appointments may include:
 - Health Education
 - Meal planning
 - Recipes
 - Exercise/activity
 - Accountability
 - Sleep habits
 - Stress management
 - Hunger management
 - coaching



We're all about tools, not rules!