

# Meet Your RN Health Educator

## Laurie Ehlers, RN, BSN, CDE

### Meet with Laurie Regarding:

- Disease management
- PHA results review
- Tobacco cessation
- Nutrition coaching/education
- Fitness assessment and plan
- Weight management

### Days & Hours Available:

#### Tuesday

8:00 AM - 4:30 PM

#### Wednesday

3:00 PM - 5:00 PM



To schedule an appointment with Laurie, email her at:

[Laurie.ehlers@lawrence.edu](mailto:Laurie.ehlers@lawrence.edu)

Located in Memorial Hall, Room # 102

Walk-Ins Welcome



“Hello, I’m Laurie. I’m here to help you reach your goals and maximize your health, so you can live a life you love. Ready to get started? Let’s take this journey, together!”