Resources:

**Wellness and Health Promotion Services**
For more information about nutrition and mindful eating, stop in Wellness and Health Promotion Services located in the Student Health Services building.

**Medical Nutrition Therapy at Student Health Services**
Students who require medical therapy for chronic diseases or conditions including (but not limited to) cardiovascular disease, diabetes, gastrointestinal disorders, or those who are immunocompromised can see a Registered Dietitian (R.D.) at the Student Health Services’ Medical Clinic. Additionally, the R.D. can see students who are experiencing depression or anxiety, hair loss, and/or menstrual irregularities related to a poor diet. A physician referral is required and there is a $6.00 fee for appointments. Make an appointment with your medical provider for a referral through the Saluki Health Web Portal at shc.siu.edu or call 618/453-3311.