



FREE NUTRITION COUNSELING

Specializing in weight management, stomach problems, food allergies, athletic performance, wellness and more, we are pleased to announce that

Stacia Helfand, MEd, RDN, has joined the College as the Campus Nutritionist for the QC community. Stacia brings years of experience as a nutrition counselor and consultant and will be available for in-person and telehealth nutrition counseling to students, staff & faculty.

Stacia's office is in Remsen Hall, Room 022.

To schedule, email:

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