

Almeida- Jessica Sanborn

Jessica Sanborn is a Junior Communications/Spanish double major from Sharon, MA. She is returning to the HAWE program for her second year and will be living in Almeida. Jessica is very excited and eager to begin working with a new group of students.



Bayside- Erica Seymour

Erica Seymour is a 21-year-old senior this year, who is studying psychology and public relations. This is her second year in the HAWE program and she is very excited to work in conjunction with Almeida to create fun programs for apartment-style living.



Cedar- Rich Goldsmith and Jackie Spencer

Rich Goldsmith is one of the two Cedar HAWEs in the 2009-2010 school year. He is a junior, majoring in Finance with a minor in Mathematics. Rich is also part of the RWU men's rugby club. If you have any questions or concerns feel free to stop by and Rich will be sure to help you out.



Jackie Spencer is a senior, psychology major with a sociology/anthropology minor. She is always available to talk and is looking forward to meeting everyone. You can contact her at CedarHAWE@gmail.com.



Stonewall- Hannah Reynolds

Hannah Reynolds is a Junior, currently studying psychology. Hannah became a HAWE because she loves working with her peers and also helping them make healthy, and safe decisions.



Maple- Kirstie Goodwin

Kirstie Goodwin is the HAWE for Maple Hall. She sophomore from Manchester, NH with an individualized major. This is her first year as a HAWE. In addition to being a HAWE, she is a member of EPA and Maple Hall Council. Kirstie is here to help with health related issues.



North Campus- Matt Feighery

Matt is a senior Psychology major with a minor in Spanish. He is a resource for you to discuss any issues regarding your general health and wellness. Feel free to contact him.



Baypoint- Nicole Duperre

Nicole is a sophomore majoring in Art and Art History. This is her first year as a HAWE. She is looking forward to working with the RWU community and being a resource to fellow students.



Willow-Jenecke Casolino

Jenecke Casolino is a sophomore studying Elementary Education. She is from Orange, CT. Her interest the HAWE program is because she likes to help people with their personal problems.



Hadley Avery- Fitness

Hadley is hoping to collaborate with all students to create events and programs that will encourage fitness and nutrition on campus. She is available for health coaching, fitness training, program development and events like 5k and fitness fairs. Contact her with any questions or ideas



Hannah Freedman- Media Specialist

Hannah is working on internal development of the graphics and marketing materials the Health Educators will use to promote all their creative ideas. In addition she will promote campus wide events with collaboration from the BACCHUS network where she serves as the Area 10 Student Advisement Representative.

- First Year Seminar Presentations
- Root Beer: The only beer you should be serving to minors
- Wake up about staying awake
- Dont blow your life away
- Handcuffs: 21 Year old precumment laws
- Wheel of Wellness
- One-on-One interventions
- Happy 21st Birthday
- The Alcohol Incident Referral

Feel free to contact us if you ever have any questions. You can find us on Facebook for your individual residence hall, stop by a HAWE in your living area or in the office in the Center for Student Development

Our Mission:

We as Health and Wellness Educators are students interested in promoting healthy lifestyles. We work together to educate the RWU community about alcohol & other drugs, safe sex, nutrition and general wellness.

We Believe...

- That health is an individual choice
- That people can choose to make lifestyle changes
- That motivation for change comes from within an individual

Harm Reduction Approach:

Our approach is non-judgemental with an emphasis in reducing harm to self and others

Services:

- One-on-One Basics interventions for alcohol
- Educational workshops and presentations
- Educational Resources
- On-campus prevention campaigns
- Social-norming campaigns
- One-on-One health coaching



"We help others help themselves"

Roger Williams University Health and Wellness Educators 2009-2010 "Helping Others Help Themselves"



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