

A HEALTHIER STATE HOUSE

Healthier Leaders, Healthier South Carolina

Affiliated with the South Carolina Hospital Association & Working Well.

Ask the Wellbeing Professional

Ask the Dietitian

During the A Healthier State House Legislative Session, you will be able to communicate with a registered and licensed dietitian to help clarify questions you may have about healthy eating strategies. These can be general or specific questions. Please refer to your healthcare provider for personal medical conditions. Please include “AHS Ask the RD” in the subject line of the email and allow a reasonable timeframe for a response.

Laura Nance, RD

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Ask the Trainer

During the A Healthier State House Session, if you need some general guidance on getting started with a fitness regime, some new ideas to try, suggestions for working out with a physical limitation, or have any other fitness related questions, you can access an experienced and knowledgeable fitness professional. Please include “AHS Ask the Trainer” in the subject line of the email and allow a reasonable timeframe for a response. Michael Lagomarsine, Wellness Director at the Downtown YMCA, has also been a certified Personal Trainer through ACSM and NSCA as well as a former exercise physiologist.

Michael Lagomarsine, MS

Certified Personal Trainer
Wellness Director
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General questions and comments

General information and resources can be found at www.ahealthierstatehouse.org. Questions, comments, suggestions, and feedback regarding any element of the A Healthier State House program can be directed to Jen Wright, Director, jwright@scha.org. Please include “AHS” in the subject line of the email and allow a reasonable timeframe for a response.