

# Your UMR Nurse liaison resource and Wellness Coach at Carpenters Wellness Center



**Keondra Harris**



**763-348-6895**

**keondra.harris@umr.com**

Keondra Harris, MSN, RN, IBCLC is your UMR nurse liaison resource and wellness coach at Carpenters Wellness Center, available to help you and your family find the adequate resources, preventive care guidelines and health care needs for conditions such as:

- Diabetes, hypertension and hyperlipidemia
- Nutrition and weight management
- Mental health support (depression, anxiety, etc.) / stress management
- Smoking cessation

Keondra can help you better understand your health care benefits and find the right resource for you and your family when you need to seek care. She is available to discuss lifestyle strategies to help you and your family work toward your personal health goals.

*All your personal health information will be protected in accordance with HIPAA.  
None of your personal information will be shared with your employer.*