

EARN 1.5 CPEUS

Joint Webinar Presentation



ENERGY FOR PRODUCTIVITY AND PEAK PERFORMANCE

Presented by **Jo Lichten**, PhD, RDN on Thursday, June 21, 2018, 2:00-3:30pm ET

Date: Thursday, June 21, 2018

Time: 2-3:30 pm Eastern Time (ET)

Convert to your time zone at: <http://www.timeanddate.com/worldclock/converter.html>

Suggested CDR Learning Needs Codes: 1120, 2110, 4000, 4060; Level 2

Performance Indicators: 6.3.11, 8.2.1, 8.2.4, 8.3.6

Dr. Jo®, author of **REBOOT**, will share the science behind energy for peak performance and offer recommendations for optimal energy management involving strategic shifts in the way we eat, think, move, and sleep to boost energy, focus, and productivity. This lively webinar will include science and guidance on both self-care for the RD and practical applications for their patients and clients!

Learning Objectives:

After completing this continuing education course, nutrition professionals should be able to:

1. Discuss how circadian rhythms can influence the next day's performance – and how to get quality sleep without spending more time in bed
2. Examine how thoughts can trigger a physiologically-draining stress response – and how changing thoughts can improve the situation, health, and energy level
3. Describe how food provides energy for mental, emotional, and physical tasks
4. Summarize how movement improves energy – and what types of small movement can enhance productivity and focus

How to Join the Webinar

1. Go to <https://goto.webcasts.com/starthere.jsp?ei=1194245>
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Handouts

A copy of the presentation slideshow will be available to download during the webinar in the live presentation viewer under the “Event Resources” tab.

Call **877-925-CELL (2355)** Monday through Friday from 9 am to 5 pm ET
or e-mail ce@gvpub.com with any questions.

System Requirements

Operating System	Internet Browser	Media Playback	Audio
PC-based attendees: Windows® 10, Windows 8.1+Pro, Windows 7	Google Chrome 60+, Internet Explorer 11+,	HTML5 streaming enabled browser	Audio must be streamed through computer speakers or mobile device.
Macintosh®-based attendees: Mac OS® X 10.10+	Firefox 55+, Safari 10+,	Apple iOS http streaming enabled browser	We recommend using Firefox or Google Chrome for optimal experience.
Mobile attendees: Apple iOS 10+ or Android 4.4+	Edge Browser	Android http streaming enabled browser	

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