



Date: Thursday, March 7, 2019

Time: 2-3 pm Eastern Time (ET)

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Suggested CDR Learning Codes: 4020, 5370, 6010, CPE Level 2

Suggested CDR Performance Indicators: 8.3.1, 8.3.6, 9.1.3, 12.4.3

CDR Activity Type 171

In this presentation, creator of the *Body Kindness* philosophy, book, and podcast, Rebecca Scritchfield, MA, RD, EP-C, will introduce the science behind the weight inclusive (non-diet) approach and the art of using this approach to achieve positive health and well-being outcomes for people with weight concerns.

Learning Objectives:

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

1. Contrast the weight normative and weight inclusive approaches to behavior change.
2. Describe the research evidence that demonstrates lack of efficacy of diets to improve physical or mental health.
3. Demonstrate goal reframing to values-centered, action-oriented statements.
4. Examine the roles of optimism, self-compassion, acceptance, and commitment in the process of forming new habits.
5. Analyze case studies to identify barriers and compose solutions for difficult counseling scenarios.

How to Join the Webinar

1. Go to <https://goto.webcasts.com/starthere.jsp?ei=1234149>.
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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+, Firefox 55+, Safari 10+, Edge Browser	HTML5 streaming enabled browser	Audio must be streamed through computer speakers or mobile device.
Macintosh®-based attendees: Mac OS® X 10.10+		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+		Android http streaming enabled browser	

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Credit Claiming: You must complete a brief evaluation of the program in order to claim your credits and download your certificate. The evaluation will be available immediately following the presentation on www.CE.TodaysDietitian.com. Evaluations must be submitted within 1 year of the live program in order to obtain credit. You do not need to complete the evaluation on March 7, 2019.

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