
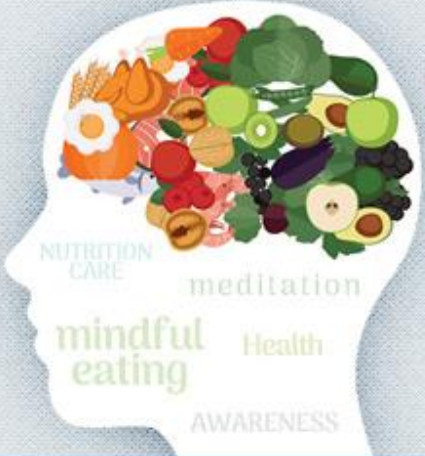


1 CEU FREE

EXCLUSIVE WEBINAR PRESENTATION

Meditation for Dietitians:
Applications in Science and Life

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Presented by Jenna Hollenstein, MS, RDN, CDN, Tuesday, March 28, 2017, 2-3 PM EDT

Date: Tuesday, March 28, 2017

Time: 2-3 pm Eastern Time (EDT)

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

Suggested CDR Learning Codes: 4090, 5420, 6020; Level 2

Suggested CDR Performance Indicators: 8.3.6, 8.3.7, 9.4.2, 9.6.1

In this webinar, **Jenna Hollenstein, MS, RDN, CDN**, will review the current research on meditation in physical and psychological health. Meditation for dietitians will be discussed, with particular emphasis on the benefits for the dietitian personally, professionally in the delivery of nutrition care, and for our nutrition clients. A simple breath awareness meditation technique will be introduced and participants will practice a short meditation together.

Learning Objectives

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

1. Provide a simple definition of meditation, including what it is and what it isn't.
2. Describe the personal benefits of a meditation practice.
3. Describe the professional benefits of a meditation practice for dietitians.
4. Describe the benefits of meditation to nutrition therapy clients.

How to Join the Webinar

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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

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Windows 8.1+ Pro	Internet Explorer 11+	Apple iOS http streaming enabled browser	
Windows 7	Firefox 46+	Android http streaming enabled browser	
Android 4.4+	Safari 8+		
Apple Mac OS X 10.9+	Edge Browser		
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