



**Date: Wednesday, January 30, 2019**

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

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*Suggested CDR Learning Codes: 1070, 1110, 1120, CPE Level 1*

*Suggested CDR Performance Indicators: 1.6.2, 12.3.6*

*CDR Activity Type 171*

Strategies shared in this webinar, by Sohailla Digsby, RDN, LD, CPT, will help you make an impact in the workplace without forgoing a balanced, impactful personal life.

### **Learning Objectives:**

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

1. Plan strategically for long-term impact professionally and personally.
2. Determine what can be delegated or declined, taking into consideration your time, talents and limitations.
3. Characterize wellness in your own terms, defining your fullest potential and weighing the risks of imbalance among various aspects of wellness.
4. Demonstrate planning strategies to patients and clients.

### **How to Join the Webinar**

1. Go to <https://goto.webcasts.com/starthere.jsp?ei=1216866>.
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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@qvpub.com](mailto:ce@qvpub.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.
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