Thank You For Registering!

Cultivating Confidence:
How to Communicate Food Peace So That Your Clients Can Eat With Confidence

Earn 1 CPEU
Presented by Sara Upson, M.Ed., RD, LD, CEDRD, on Wednesday, May 15, 2019, from 2–3 PM EDT

Date: Wednesday, May 15, 2019
Time: 2-3 pm Eastern Time (ET)
Convert to your time zone at: http://www.timeanddate.com/worldclock/converter.html

Suggested CDR Learning Codes: 4040, 4090, 5200, 6020; Level 2
Suggested CDR Performance Indicators: 2.1.3, 8.2.3, 9.4.6

In an attempt to improve eating habits, our current food culture has only increased stress about eating. Scary headlines, sensational Internet stories and non-reliable sources only compound this confusion leaving your clients more stressed and overwhelmed than ever. The concept of "food peace," or the ability to enjoyable foods without feeling anxious, guilty or ashamed, can empower clients to feel more confident and adopt more healthful eating patterns. This unique webinar by **Sara Upson, M.Ed., RD, LD, CEDRD, on Wednesday, May 15, 2019 from 2-3 pm EST**, will enhance your ability to communicate food peace and cultivate confident eating by your clients.

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

1. Explain why food peace improves health and well-being.
2. Challenge assumptions that interfere with cultivating confidence.
3. Identify 3 techniques to increase your clients' confidence with eating.

How to Join the Webinar
1. Go to https://goto.webcasts.com/starthere.jsp?ei=1225094.
2. Log in with the e-mail address you used during registration.
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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 Macintosh®-based attendees: Mac OS® X 10.10+ Mobile attendees: Apple iOs 10+ or Android 4.4+	Google Chrome 60+, Internet Explorer 11+, Firefox 55+, Safari 10+, Edge Browser	HTML5 streaming enabled browser Apple iOS http streaming enabled browser Android http streaming enabled browser	Audio must be streamed through computer speakers or mobile device. We recommend using Firefox or Google Chrome for optimal experience.

Test Your System & Audio: https://goto.webcasts.com/test/

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1. Log on to http://www.ce.todaysdietitian.com/confidence, go to "My Courses" and click on the webinar title.
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