

Complimentary Webinar Presentation

THE MEDITERRANEAN DIET & BEYOND

Lifestyle Lessons from Europe's Healthiest Countries

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Presented by **Layne Lieberman, MS, RDN, CDN**
Wednesday, December 12, 2018, 2-3 PM EST



EARN 1 CPEU



Date: Wednesday, December 12, 2018

Time: 2-3 pm Eastern Time (EST)

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Suggested CDR Learning Needs Codes: 1040, 1060, 4040, 4090; Level 2

Suggested CDR Performance Indicators: 8.1.4, 8.2.1, 8.4.4, 9.6.1

This webinar, hosted by **Layne Lieberman, MS, RDN, CDN**, examines the Mediterranean diet pattern in the context of the modern European lifestyle and makes practical recommendations about how RDNs can encourage their patients and clients to adapt to this European lifestyle.

Learning Objectives:

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

1. Discuss overall health trends in the U.S. compared to the healthiest countries in Europe
2. Identify cultural and lifestyle differences in European countries
3. Compare and contrast the traditional Mediterranean diet to modern diets of healthy European nations
4. Demonstrate and implement the 5-basic dietary guidelines of the Mediterranean diet and the 5-basic guidelines of today's healthiest European countries

How to Join the Webinar

1. Go to <https://goto.webcasts.com/starthere.jsp?ei=1186247>
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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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