This course is sponsored by the Institute for Natural Resources (INR). INR is a non-profit, scientific organization dedicated to research and education in the fields of health and medicine. INR has no ties to any commercial organizations, does not solicit or receive any grants or gifts from any source, and has no connections with any religious, food, food supplement, or political entity.

**Target Audience:** Nurses, Pharmacists, Dietitians, Social Workers, Mental Health Professionals, Occupational Therapists, Physical Therapists, and allied Health Professionals. Please refer to the table below for the organizations that have approved the Institute for Natural Resources as a sponsor of continuing education.

**Level of instruction:** Intermediate

### ACCREDITATIONS

<table>
<thead>
<tr>
<th>Professional Groups</th>
<th>Accrediting Organizations</th>
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<tr>
<td>Registered Nurses, Licensed Practical Nurses, &amp; Licensed Vocational Nurses</td>
<td>Institute for Natural Resources (INR) as a provider of continuing nursing professional development by the American Nurses Credentialing Center’s Commission on Accreditation. California Board of Registered Nursing (#CEP06136) Illinois Board of Nursing (#R236-000045) Iowa Board of Nursing (#2R8) Florida Board of Nursing (#FBN2139) Kansas Board of Nursing (#NL0140-0927)</td>
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| Dentists, Dental Hygienists, & Registered Dental Assistants | AGD PACE - 06/04/2020 Dental Board of CA - 01/31/2020

INR is designated as an Approved PACE Program Provider by the Academy of General Dentistry. The form and content of continuing dental education programs of this program provider are accepted by AGD for Fellowship, Mastership, and membership maintenance credit. Approval does not imply acceptance by a state or provincial board of dentistry or AGD endorsement. The current term of approval extends from 06/04/2019 to 06/04/2022. Provider ID#211750 INR is approved by Dental Board of California (#R069).

| Pharmacists | The Institute for Natural Resources (INR) as a provider of continuing pharmacy education (ACPE) as a provider of continuing pharmacy education. The ACPE universal activity number (UAN) for this course is 0751-0000-19-005-H01-P. This is a knowledge-based CPE activity. [Release date: 1/23/2019] To obtain the 3 hours of credit (0.3 CEU) associated with this course, the pharmacist will need to complete and submit the following forms:
1) Program evaluation form
2) Post-Test (70% passing score)
3) Registration form |

| Registered Dietitians (RDs) Dietetic Technicians, Registered (DTRs) Expires 9/2020 Activity Number: 101550 Suggested Learning Codes: 4010, 4040, 2090, 3000 | INR, under Provider Number IN001, is a Continuing Professional Education (CPE) Accredited Provider with the Commission on Dietetic Registration (CDR). Registered dietitians (RDs) and dietetic technicians, registered (DTRs) will receive 3 hours worth of continuing professional education units (CPEUs) for completion of this program/materials. Continuing Professional Education Provider Accreditation does not constitute endorsement by CDR of a provider, program, or materials. CDR is the credentialing agency for the Academy of Nutrition and Dietetics (AND). |
| Occupational Therapists & Occupational Therapy Assistants (OTs, OTAs) Expiration Date 09/20/2020 | INR is an AOTA Approved Provider of continuing education. Provider #5347, INR has assigned 0.3 AOTA CEUs for this course. The classification for this course is OT Process. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. |

You may wish to check with your own licensing board to determine whether the accreditations listed are acceptable to your board.

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### Refund Policy:

Refunds are given for all unopened home-study packages that are returned in good condition within one year of the date of purchase. If a package has been opened, an exchange can be made, but no refunds will be issued.

**ADA Policy:** For American Disability Act (ADA) accommodations or for our grievance policy, please send the written request by email to: info@inrseminars.com.

If you have any questions about deadlines, or questions about a home-study course, please contact INR at 1-800-229-4997 or info@inrseminars.com. You can also visit our website at www.inrseminars.com. Thank you!

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### About the Author

**Dr. Gina Willett (Ph.D., R.D.)** is a nationally known speaker in the areas of nutrition, appetite, and weight control. Dr. Willett has a doctoral degree in nutrition and master’s degree in epidemiology from the University of Wisconsin, Madison. In addition, she has a master’s degree in health education from the University of Oklahoma, Oklahoma City.

Dr. Willett served her country, for seven years, as an officer in the United States Air Force. While in the Air Force, she worked as the Chief of Nutritional Medicine Service at several bases. Because of her passion for preventive medicine, she also assumed the role of Health Promotion Coordinator for the Air Force.

After leaving the military, Dr. Willett held the position of Assistant Professor in the Department of Health and Sport Science at the University of Richmond in Virginia. She has spent the last 10 years presenting seminars for health professionals across the country and developing continuing-education courses.

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