

The following approvals are valid for California **NURSING HOME ADMINISTRATORS** only:

Title	Hours	Approval Number
Addiction: Alternatives to Abstinence	3	0827003-6104/P
ADHD in Adults	3	0827003-5602/P
Alzheimer's: Prevention of the Disease	3	0827003-5603/P
Anti-Anxiety Drugs	3	0827003-5604/P
Antioxidants: A Balancing Act with Free Radicals	3	0827003-5605/P
Appetite Control & Suppression	3	0827003-6105/P
Arthritis & Rheumatic Diseases	3	0827003-5607/P
Arthritis, Diet, and Exercise	3	0827003-5606/P
Autism	3	0827003-5281/P
Autoimmune Disease & MS	3	0827003-5608/P
Brain Food: The Role of Nutrients in Memory & Cognitive Function	3	0827003-6106/P
Brain & Stress	3	0827003-5609/P
Cancer Prevention	3	0827003-5291/P
Caring for Patients with Alzheimer's	3	0827003-6107/P
Caring for the Caregiver	3	0827003-6108/P
Chocolate: Food, Drug or Preventative Med?	3	0827003-5610/P
Chronic Pain Disorders & Treatments	3	0827003-5295/P
Coffee & Tea: The Latest	3	0827003-5293/P
Cognitive Behavior Therapy	3	0827003-6109/P
Diabetes: A Comprehensive Overview	3	0827003-5076/P
Eating Disorders	3	0827003-5611/P
Eating for Peak Performance	3	0827003-5569/P
Emotions, Moods & Pain	3	0827003-5290/P
Fibromyalgia	3	0827003-5601/P
Food Allergies	3	0827003-6110/P
Food Cravings	3	0827003-5600/P
Globesity	5	0827005-5287/P
Gluten & the Brain	3	0827003-6111/P
Hair & Nails: Clues to Health or Illness	3	0827003-5284/P
Heart Health	3	0827003-5599/P
Hospice & Palliative Care	3	0827003-6113/P
Humor & Healing	3	0827003-5598/P
Hypertension	3	0827003-5597/P
Inflammation	3	0827003-5596/P
Irritable Bowel Syndrome	3	0827003-5595/P
Keeping Balance and Preventing Falls	3	0827003-5321/P
Knee Pain	3	0827003-6116/P
Leg & Foot Pain	3	0827003-6177/P
Living to Be 100	4	0827004-6117/P

Loss of Control	3	0827003-5594/P
Low Back Pain	3	0827003-5592/P
Major Depression & Bipolar Disorder	4	0827004-5286/P
Malpractice	3	0827003-5591
Medical Ethics	3	0827003-5590
Meditation	3	0827003-6118
Music & the Brain	3	0827003-6120
Neck & Shoulder Pain	3	0827003-5589/P
Neurotransmitters: The Bridges of the Brain	3	0827003-5588/P
Non-Traditional Approaches	3	0827003-5587/P
Omega-3 Fatty Acids	3	0827003-5586/P
On Loss & Grief	3	0827003-5593
Organic Foods	3	0827003-5294/P
Osteoporosis	3	0827003-6176/P
Paradise Regained: Achieving Remission	3	0827003-5585/P
Parkinson's Disease & ALS	3	0827003-5584/P
Pet Therapy	3	0827003-5583/P
Poles Apart: Unipolar vs. Bipolar Depression	3	0827003-5582/P
Positive Psychology	3	0827003-5577/P
Probiotics	3	0827003-5630/P
Psychology of Bullying	3	0827003-5631/P
Psychology of Relationships: Irritating the Ones You Love	4	0827004-6121/P
Psychotherapy & Emotional Healing	3	0827003-6122
Reducing Stress	3	0827003-6123/P
Skin Allergies, Skin Care & Wrinkles	3	0827003-5632/P
Social Anxiety	3	0827003-6124/P
Spirituality & Healing	3	0827003-5578/P
Stimulants	3	0827003-5579/P
Stop Losing Sleep	3	0827003-5580/P
Stress and Depression	3	0827003-5574/P
Stroke	3	0827003-5282/P
Successful Aging	4	0827004-5581/P
Sugar, Salt & Fat	4	0827003-5639/P
The Healing Power of Sleep	5	0827005-6112/P
The Hungry Brain	5	0827005-6114/P
The Insulin Connection	3	08270032-6115/P
The Mediterranean Diet: An Approach to Better Health	3	0827003-6119/P
The Psychology of Aging	3	0827003-5576/P
Thyroid Disorders	3	0827003-5572/P
Types of Pain & Pain Pathways	3	0827003-5297/P

Understanding Anger	3	0827003-5571/P
Understanding Anxiety	3	0827003-6125/P
Understanding Cholesterol	3	0827003-5298/P
Understanding Chronic Illness	4	0827004-5289/P
Understanding Emotions	3	0827003-6126/P
Vitamin D: Vitamin, Hormone & Protector	3	0827003-5283/P
Water, Thirst & Dehydration	3	0827003-5570/P
Weight Perfect	6	0827006-5288/P
Women's Health & Physical Fitness	3	0827003-6133/P
Women's Health Update: Mood Swings	3	0827003-6132/P
Women's Health: Chronic Pain	3	0827003-6127/P
Women's Health: Depression	3	0827003-6128/P
Women's Health: Insomnia	3	0827003-6129/P
Women's Health: Menopause	3	0827003-6130/P
Women's Health: Migraines & Headaches	3	0827003-6131/P