



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

Professional Groups	Accrediting Organizations
Registered Nurses, Licensed Practical Nurses, & Licensed Vocational Nurses Expiration Date ANCC - 03/31/2026 CA Board of Nursing - 02/28/2025	Institute for Natural Resources (INR) is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation. California Board of Registered Nursing (#CEP06136) Illinois Board of Nursing (#236-000045) Iowa Board of Nursing (#288) Florida Board of Nursing (#FBN2139) Kansas Board of Nursing (#LT0140-0927)
Dentists, Dental Hygienists, & Registered Dental Assistants Expiration Date Dental Board of CA - 01/31/2026	INR is an ADA CERP Recognized Provider. ADA CERP is a service of the American Dental Association to assist dental professionals in identifying quality providers of continuing dental education. ADA CERP does not approve or endorse individual courses or instructors, nor does it imply acceptance of credit hours by boards of dentistry. INR designates this activity for 3 hours of continuing education credits. INR is approved by the Dental Board of California (#2089).
Pharmacists Expiration Date 08/01/2025	The Institute for Natural Resources (INR) is accredited by the Accreditation Council for Pharmacy Education (ACPE) as a provider of continuing pharmacy education. The ACPE universal activity number (UAN) for this course is 0751-0000-22-090-H04-P. This is a knowledge-based CPE activity. [Release date: 08/01/2022] 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) Expiration Date: 05/31/2024	This program awards 3 hours of CPEUs in accordance with the Commission on Dietetic Registrations provider programs. CPE Level 1, Type 720 Activity Number: 102626
Occupational Therapists & Occupational Therapy Assistants (OTs, OTAs) Expiration Date 10/01/2024	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.
Social Workers Expiration Date ASWB - 02/28/2022	Institute for Natural Resources, #1356, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. Institute for Natural Resources maintains responsibility for this course. ACE provider approval period: 02/28/2022–02/28/2025. Social workers completing this course receive 3 clinical continuing education credits.
	

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

INR HOME-STUDY COURSE #2530

“WOMEN’S HEALTH & PHYSICAL FITNESS - 3RD EDITION”

CONTINUING EDUCATION CREDIT: 3 CONTACT HOURS

To receive credit for this course, you must:

- 1) Complete the Examination on page 68 and achieve a passing score of 85% (Social workers need a passing score of 80%).
- 2) Clearly fill out: ① **Answer Sheet** and ② **Evaluation** on page 69, and ③ **Registration Form** on back page.
- 3) Mail the Answer Sheet, Evaluation, and Registration Form to:
 INR
 P.O. Box 5757
 Concord, CA 94524-0757

Only the original Examination, Evaluation forms can be accepted without additional fee. Photocopies are accepted only if accompanied by the appropriate processing fee. The fee to process photocopies of tests is \$25 for U.S. or Canadian residents. *Please note that credit will not be issued for photocopies submitted without payment.*

Three-day turn-around: Within three business days of the receipt of your Examination and Evaluation, INR will send you a certificate verifying your completion of the course.

Submission Deadline: INR recommends that you submit the materials at your earliest convenience and by the *expiration date* noted for each profession.

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!*

ABOUT THE AUTHOR

BARBARA STERNBERG, PH.D., is a practicing clinical psychologist. She has extensive experience presenting educational programs on addictive behaviors. She has given these programs to physicians, nurses and other health professionals. Dr. Sternberg has conducted addiction-related educational programs at the Graduate School of Health Sciences at New York Medical College. She has also been a member of the Psychiatry Department of Northern Westchester Hospital in New York State.

ANNELL ST. CHARLES, PH.D., R.D., received her bachelor’s degree in Behavioral Psychology from Vanderbilt University. She holds a M.S. in Public Health Nutrition, and a Ph.D. in Nutrition Science with a minor in Applied Behavioral Analysis and Exercise Physiology. Her clinical practice, which spans more than 25 years, has focused on the behavioral and psychological contributors to preventive health care. She is a nationally recognized speaker and has published over a dozen home study course books for health professionals. She is also a guest lecturer for the Hilton Head Health Institute.



Every instructor is either a compensated employee or independent contractor of INR.