



Memorandum

#10-019

TO: Regional Medical Directors for
Health Service Regions 4/5, 6 & 5 South, 9/10 and 11
WIC Local Agency Directors

FROM: Linda Brumble, Unit Manager
Nutrition Education/Clinic Services Unit
Nutrition Services Section

DATE: March 3, 2010

SUBJECT: March Hot Topics

The upcoming March Hot Topic Qwest web conference will focus on ***Stress and Nutrition***. Participants will learn about *ways that stress affects nutrition and strategies to improve this among WIC clients*. Amy Culp, RD, CSSD, LD, of Sculpture Fitness will be presenting the training. In order to be rewarded one continuing education credit, Registered Dietitians must submit their name and local agency number at the beginning of the presentation. The presentation will be repeated twice to accommodate different schedules:

Tuesday 3/09/10 **12:00 p.m. - 1:00 p.m. or**
Thursday 3/11/10 **12:00 p.m. - 1:00 p.m.**

Qwest # (866) 921-2203 (see log-in instructions below)

Room #: *3357839*

Qwest WEB Conferencing information and Instructions for logging on:

1. You will need a telephone and Internet access with Internet Explorer.
2. Go to <http://qwest.conferencing.com/>
3. Log on to the conference as a participant with the room number: ***3357839***
4. Participants will be asked how they wish to access the voice portion of the meeting. Choose "dial in now" and then call the phone number listed on the schedule for the class you are attending. Then enter the **room number** to join the meeting and then your *personal identifier number* given to you on your computer screen to link your phone and web connections.
5. Plan on joining the meeting at least 10 minutes early in order to deal with any technical difficulties you may encounter. If you experience technical difficulties press ***10***, on the telephone keypad to access technical support.

If you have any questions or require additional information, please contact Lauren Christian, Nutrition Education Consultant, at (512) 341-4590 or at lauren.christian@dshs.state.tx.us.