



Memorandum

#10-118

TO: WIC Regional Directors
WIC Local Agency Directors

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

DATE: September 3, 2010

SUBJECT: Hot Topics for high risk counselors – **Healthy Eating For REAL**

The upcoming Hot Topics for high risk counselors will focus on healthy eating. Participants will learn about pitfalls of typical dieting behaviors. These will include diet myths, manufacturer and restaurant claims, and obesigenic environments. Realistic strategies to improve overall health will also be discussed. These will include label reading, portion sizes, and “super” foods. Amy Culp, RD, CSSD, LD will be presenting the training. There will be time for questions at the end of the presentation. **Attending registered dietitians are eligible for 1 CEU** (provided named and local agency numbers are submitted at the beginning of the presentation). The presentation will be occurring:

Hot Topics: Healthy Eating For REAL
Amy Culp, RD, CSSD, LD
Tuesday 9/7/10
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 15 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 Leona Duong, Clinical Nutrition Specialist, at (512) 341-4520, or Leona.Duong@dshs.state.tx.us.