



Memorandum

#10-177

TO: WIC Regional Directors
WIC Local Agency Directors

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

DATE: December 22, 2010

SUBJECT: January Hot Topics for Registered Dietitians

The upcoming Hot Topics for WIC Registered Dietitians will focus on Mindful Eating. Participants will learn about identifying mindless eating pitfalls and how our environment triggers us to eat more. Also included are tips for decreasing mindless eating and strategies for increasing awareness and mindfulness during eating. Amy Culp, RD, CSSD, LD will be presenting the training. There will be time for questions at the end of the talk. **Attendees will be eligible for 1 CEU** (provided you submit name and project number at the beginning of the presentation). The presentation will be repeated twice to accommodate different schedules:

Hot Topics: Mindful Eating
Amy Culp, RD, CSSD, LD
Tuesday 01/11/11 12:00- 1:00 p.m. or
Thursday 01/13/11 12:00- 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 questions or require additional information, please contact Angela Gil at (512) 341-4590 or angela.gil@dshs.state.tx.us.