



Memorandum

#12-140

TO: WIC Regional Directors
WIC Local Agency Directors

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

DATE: December 21, 2012

SUBJECT: Hot Topic for WIC Registered Dietitians – *Vegetarian Nutrition*

Have you ever wanted to know more about vegetarian diets? If so, please join us for the upcoming Hot Topic training on vegetarian nutrition! This training will discuss classifications of vegetarian diets, health benefits, important nutrients, and meal planning tips for vegetarians.

Elizabeth Bruns, RD, LD, will be presenting the training. **Registered Dietitians and Dietetic Technicians, Registered, who attend the training are eligible for 1 CEU.** Please note that to receive this credit your name and local agency number must be submitted at the beginning of the session. The presentation will be repeated twice in one week to accommodate different schedules.

Session Dates & Times:

Vegetarian Nutrition – Presented by Elizabeth Bruns, RD, LD
Monday January 28, 2013: 12:00 P.M. – 1:00 P.M. CST
Tuesday, January 29, 2013: 12:00P.M. – 1:00 P.M. CST

Instructions for logging on:

1. You will need a telephone and access to the Internet.
2. Open your internet browser. Go to the CenturyLink web site at <https://stateoftx-dshs.centurylinkccc.com/CenturylinkWeb/RDHotTopic>
3. Select the “Guest” tab.
4. Enter your name and email address, then select “Join Meeting.”
5. To join audio, type your phone number and select “Let the Meeting Call Me.” The program will automatically dial your phone.
 - a. You may also dial toll free **1-877-820-7831**. Enter participant passcode **5123414512#** when prompted (including the # sign that follows).
6. For help logging in, contact CenturyLink Customer Support at 1-800-485-0844.

If you have questions or require additional information, please contact Kaylene Thompson, RD, LD, Nutrition Education Consultant, at (512) 341-4512, kaylene.thompson@dshs.state.tx.us.