



Complimentary Continuing Education Webinar!

Join us for a FREE webinar that offers one (1) hour of continuing education credit * for the following California professionals: RCFE & NHAP Administrators, licensed RNs & LVNs, and LMFTs, LCSWs, LEPs & LPCCs.

Professionals can earn CE credit conveniently – however, anyone is welcome to attend!

* **Requirements for CE credit:** Participants must attend for a minimum of 60 minutes, have access to both audio and visual elements, respond to poll questions during the webinar and return the completed course evaluation.

Webinar Date: Tuesday, November 8, 2022 at 11:30am PDT

How Nutritional Needs Change with Age

Many health conditions in older adults, such as those seen in the bones, muscles, eyes, gut, and even the brain, are nutrition related. We will look at changes associated with health in older adults and the common conditions that can result from poor nutrition. An overview of diet and lifestyle choices that help avoid and reduce these harmful conditions will be discussed, and guidelines will be provided for improving healthy aging through good nutrition.

At the completion of the course, participants will be able to:

1. Recognize health-related changes associated with nutrition and aging.
2. Identify age-related health conditions that result from poor nutrition.
3. Discuss diet and lifestyle choices that can reduce or avoid harmful conditions in older age.



Presenter: Kristin AR Gustashaw, MS, RDN, LDN, CSG holds a Master's degree in Clinical Nutrition and a BS in Food Science and Human Nutrition/Dietetics. She is a faculty member at Rush University, and a certified specialist in gerontological nutrition. Among her many professional positions, she is a member of the Academy of Nutrition and Dietetics, Healthy Aging and Dietetics in Health Care Communities Practice Groups, an advanced level clinical dietitian at Rush University Medical Center, and a member of the patient menu development team and outpatient dietitian and media liaison for the Rush Nutrition and Wellness Center.

TO REGISTER - CLICK HERE, OR GO TO: <https://bit.ly/39Crc5z>

This webinar is brought to you by the following organizations:



For additional information about Alzheimer's Orange County's continuing education policies, including accommodations for a disability, reporting a grievance and certificates of completion, go to: www.alzoc.org/WebinarCEpolicies

CAMFT (BBS): Alzheimer's Orange County (AlzOC) is approved by the California Association of Marriage and Family Therapists (CAMFT) to sponsor continuing education for LMFTs, LCSWs, LPCCs, and LEPs. AlzOC maintains responsibility for this program/course and its content. This course meets the qualifications for 1 hour of continuing education credit as required by the California Board of Behavioral Sciences. AlzOC CAMFT CE Provider #134760.

BRN: Provider approved by the California Board of Registered Nursing (BRN), Alzheimer's Orange County, Provider #CEP 14757, for 1 contact hour. This document must be retained by the licensee for a period of four years after the course concludes.

NHAP: Course approval pending by the Nursing Home Administrator Program (NHAP) for 1 hour of webinar continuing education credit – AlzOC Vendor #CEP 1776.

RCFE: Course approved by the California Department of Social Services (CDSS) for 1 hour of webinar continuing education credit for RCFE administrator recertification. Alzheimer's Orange County, RCFE Vendor #2000147-740-2. Course Approval Number: 147-0145-36068. Core of Knowledge: Physical needs for Elderly Persons.