

FOUR-HOUR LIVE WEBINAR

Tuition: \$69

(REGISTRATION FORM)

NUTRITION & HEALTHY LIFESPAN CURRENT CONCEPTS IN DIET & AGING

(A NEW 4-HOUR INTERACTIVE LIVE WEBINAR)

Please Check One Option Below:

LIVE WEBINAR:

Fri., June 3, 2022, 12:00 PM – 4:30 PM, (Eastern Time)
or 11:00 AM – 3:30 PM, (Central Time)
or 9:00 AM – 1:30 PM, (Pacific Time)

Thu., June 30, 2022, 12:00 PM – 4:30 PM, (Eastern Time)
or 11:00 AM – 3:30 PM, (Central Time)
or 9:00 AM – 1:30 PM, (Pacific Time)

\$69 – Pre-Registration Rate: Live Webinar with 4 hours of CE credit.

Registrants will need a computer with a good Internet connection and audio speakers (or headphones) to participate in the live Webinar.

Please note special discounts for homestudy purchase are available for students who are registered for webinars. Please email INR at info@biocorp.com for more information.

Name (please print) _____

Home Address _____

City/State _____ Zip _____

Work Phone _____ Home Phone _____

Fax _____

Email _____

Profession _____ License No. _____

Pharmacists only: NABP # _____ Date of Birth mm / dd / yy

Payment by (please check one):

Check for \$ _____ (Please make check payable to INR)

Charge the amount of \$ _____

to my Visa MasterCard American Express® Discover®

Card # _____ Exp Date _____ CVV _____

(Card Security Code)

Signature _____

There are **four** ways to register:

1) **Internet:** www.INRseminars.com

2) **Mail:** INR, P.O. Box 5757, Concord, CA 94524-0757

(Make check payable to INR.)

3) **Fax:** (925) 687-0860

4) **Phone:** 1-800-937-6878

Inquiries for Customer Service: 1-877-246-6336 or (925) 609-2820

Purchase orders are accepted. Tax Identification No. 94-2948967

ACCREDITATION

To obtain the 4 contact hours associated with this course, the health care professional will need to sign in, attend the course, and complete program evaluation forms. At the end of the program, the health care professional successfully completing the course will receive a statement of credit. This is an intermediate-level course.

NURSES (RNs, NPs, & LPNs)

Institute for Natural Resources (INR) is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation.

This program provides 4 contact hours for nurses, including one Rx contact hour of pharmacology CE. INR has been accredited as a continuing education provider by the Florida Board of Nursing (#50-3026-1) and the Iowa Board of Nursing (#288) for 4 contact hours, and the California Board of Registered Nursing (CEP #06136) and the Kansas Board of Nursing (#LT0140-0927) for 4.8 contact hours.

DENTAL PROFESSIONALS

INR is an ADA CERP Recognized Provider. ADA CERP is a service of the American Dental Association to assist dental professionals in identifying quality providers of continuing dental education. ADA CERP does not approve or endorse individual courses or instructors, nor does it imply acceptance of credit hours by boards of dentistry. INR designates this activity for 4 hours of continuing education credits.

PHARMACISTS

Institute for Natural Resources is accredited by the Accreditation Council for Pharmacy Education (ACPE) as a provider of continuing pharmacy education. The ACPE universal activity number (UAN) for this course is 0751-0000-21-045-L04-P. This is a knowledge-based CPE activity.



REGISTERED DIETITIANS & DTRs

INR, under Provider Number IN001, is a Continuing Professional Education (CPE) Accredited Provider with the Commission on Dietetic Registration (CDR). Registered dietitians (RDs) and dietetic technicians, registered (DTRs) will receive 4 hours worth of continuing professional education units (CPEUs) for completion of this program/materials. Continuing Professional Education Provider Accreditation does not constitute endorsement by CDR of a provider, program, or materials. CDR is the credentialing agency for the Academy of Nutrition and Dietetics. This course has Activity Number 165882 and Performance Indicators: 8.1.1, 8.1.2, 8.1.4, and 8.1.5. CPE Level: II.



PSYCHOLOGISTS

Under CE Broker # 50-3026, INR is an approved provider by the Florida Board of Psychology. The Institute for Natural Resources (INR) is approved by the CPA OPD to sponsor continuing professional education for psychologists. INR maintains responsibility for this program and its content. Psychologists must attend the seminar in its entirety and complete the course evaluation in order to receive credit. Under License #PSY000214, the PA Board of Psychology has approved INR as a sponsor/provider of CE programs. Under Sponsor #268.000096, the Illinois Psychologist Licensing and Disciplinary Board has approved INR as a CE sponsor. Institute for Natural Resources (INR) is recognized by the NY SED State Board for Psychology as an approved provider of continuing education for licensed psychologists #PSY-0042.

MENTAL HEALTH COUNSELORS & ADDICTION COUNSELORS

Institute for Natural Resources (INR) is recognized by the NY SED State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors, #MHC-0089. Under Sponsor # 00088989 and Approval #60007945788, CRCC has approved this course for four contact hours. Under Sponsor #197-000240, the Illinois Dept of Prof Regulation has approved INR as a CE sponsor for professional/clinical counselors. INR is approved by the NAADAC Approved Education Provider Program, Provider #182846.

SOCIAL WORKERS & MARRIAGE & FAMILY THERAPISTS

Institute for Natural Resources, #1356, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. Institute for Natural Resources maintains responsibility for this course. ACE provider approval period: 02/28/2022–02/28/2025. Social workers completing this course receive 4 clinical continuing education credits. This course "Nutrition & Healthy Lifespan," Approval #221101-1131 provided by INR, is approved for continuing education by the New Jersey Social Work Continuing Education Approval Collaborative, which is administered by NASW-NJ. CE Approval Collaborative Approval Period: 09/01/20 through 08/31/22. New Jersey social workers will receive four (4) Clinical CE credits for participating in this course. Institute for Natural Resources (INR), SW CPE is recognized by the NY SED State Board for Social Work as an approved provider of continuing education for licensed social workers #0195. The California Board of Behavioral Sciences will accept courses approved by ASWB. Under Sponsor #159-000260, the Illinois Dept of Prof Regulation has approved INR as a sponsor of continuing social work education. Institute for Natural Resources (INR) is recognized by the NY SED State Board for Mental Health Practitioners as an approved provider of continuing education for licensed marriage and family therapists. #MFT-0055. Under Sponsor #168.000243, the Illinois Dept of Prof Regulation has approved INR as a CE sponsor for marriage and family therapists. Under CE approval #NVCEP2021, the Nevada Board of Examiners for MFT and CPC has approved INR as a sponsor.

OCCUPATIONAL THERAPISTS & OTAs

INR is an AOTA Approved Provider of professional development. PD activity approval ID #3502. This distance learning - interactive activity is offered at 0.4 AOTA CEUs, intermediate education level, OT Service Delivery category. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA.



PHYSICAL THERAPISTS & PTAs

The Florida Physical Therapy Association has approved this course for 4 contact hours (Approval

ACCREDITATION (cont.'d)

CE 22-853255). Accreditation of this course does not necessarily imply the FPTA supports the views of the presenter or the sponsors. INR is recognized as an approval agency to approve providers offering continuing competency courses by the Physical Therapy Board of California. This course has been approved by the Institute for Natural Resources (INR) for 4 continuing competency units. Under Sponsor #216-000264, the Illinois Dept of Prof Regulation has approved INR as a sponsor for continuing physical therapy education. The Louisiana Physical Therapy Board has approved this course for 4 clinical hours.

CASE MANAGERS

This program has been pre-approved by The Commission for Case Manager Certification to provide continuing education credit to Certified Case Managers (CCMs).

NURSING HOME ADMINISTRATORS (Distance Learning)

This program has been submitted for Continuing Education through NAB/NCERS for 4 total participant hours from NAB/NCERS. Please visit <https://www.nabweb.org/continuing-education> and choose "NAB Approved CE Database" for the most current approved courses.

MESSAGE THERAPISTS

Institute for Natural Resources is approved by the National Certification Board for Therapeutic Massage & Bodywork (NCBTMB) as a continuing education Approved Provider.



OTHER HEALTH PROFESSIONALS

Participants successfully completing this course will receive course completion certificates. For rules governing continuing education credit, participants should contact their respective regulatory boards.

(A NEW 4-HOUR INTERACTIVE LIVE WEBINAR)

SCHEDULE

Please see the Registration Form for the seminar schedule.

Please register early. Space is limited. Registrations are subject to cancellation after the scheduled start time. A transfer can be made from one Webinar to another if space is available. Registrants cancelling up to 72 hours before a Webinar will receive a tuition refund less a \$25.00 administrative fee or, if requested, a full-value voucher, good for one year, for a future Webinar. Cancellation or voucher requests must be made in writing. If a Webinar cannot be held for reasons beyond the control of the sponsor (e.g., acts of God), the registrant will receive free admission to a rescheduled Webinar or a full-value voucher, good for one year, for a future Webinar. A \$25.00 service charge applies to each returned check. Nonpayment of full tuition may, at the sponsor's option, result in cancellation of CE credits issued. The syllabus is not available for separate purchase. A \$15.00 fee will be charged for the issuance of a duplicate certificate. Fees subject to change without notice.

SPONSOR

INR (Institute for Natural Resources) is a non-profit scientific organization dedicated to research and education in the fields of science and medicine. INR is the nation's largest provider of live continuing education programs, offering over 600 live seminars yearly.

INR has no ties to any commercial organizations and sells no products of any kind, except educational materials. Neither INR nor any instructor has a material or other financial relationship with any health care-related business that may be mentioned in an educational program. If INR were ever to use an instructor who had a material or other financial relationship with an entity mentioned in an educational program, that relationship would be disclosed at the beginning of the program. INR takes all steps to ensure that all relevant program decisions are made free of the control of a commercial interest as defined in applicable regulatory policies, standard, and guidelines. INR does not solicit or receive gifts or grants from any source, has no connection with any religious or political entities, and is totally supported by its course tuition.

INR's address and other contact information follows:

P.O. Box 5757, Concord, CA 94524-0757

Customer service: 1-877-246-6336 or (925) 609-2820

Fax: (925) 687-0860

E-Mail: info@inrseminars.com; website, www.INRseminars.com

Tax Identification Number 94-2948967.

Education expenses (including enrollment fees, books, tapes, travel costs) may be deductible if they improve or maintain professional skills. Treas. Reg. Sec. 1.162-5. Recording of the seminar, or any portion, by any means is strictly prohibited. INR's liability to any registrant for any reason shall not exceed the amount of tuition paid by such registrant.

For American Disability Act (ADA) accommodations or for addressing a grievance, please send the request by email to info@inrseminars.com or by fax to (925) 363-7798. For ADA matters (including sign-language interpreters), INR would appreciate advance notice so as to ensure our ability to provide the appropriate accommodation.

NUTRITION & HEALTHY LIFESPAN

CURRENT CONCEPTS IN DIET & AGING

Frequently Asked Questions

Q: What do I have to do to complete the live Webinar successfully?

To obtain the 4 contact hours associated with this course, the health professional will need to sign-in (by typing in the chat-box), attend the course online, and complete the program evaluation form and post-test electronically. At the end of the program, after all the evaluation and post-tests are accounted for, the health professional successfully completing the program will receive a statement of credit. This will take approximately 3 to 5 business days. This is an intermediate-level course.

Q: How will I know that my profession qualifies for continuing education credit? Please see the section marked Accreditation. All professions for which INR (Institute for Natural Resources) has approval are listed in the Accreditation section.

Q: What happens if I have technical difficulties watching or hearing a Webinar? You can transfer the tuition paid to another Webinar within two years or request a recording within 3 to 5 days to complete the webinar ASAP for live credit.

Q: My profession is not listed on the brochure. Is it possible to obtain continuing-education credit? Possibly. Please contact INR's customer-service office at 1-877 246-6336 or by email at info@biocorp.com. The customer-service office can tell you if INR has approval for your profession.

COURSE SUMMARY

The CDC estimates that by year 2030, 1 in 5 Americans will be 65 years or older. While our lifespan is increasing, the extent to which we, as individuals and society, can benefit from these extra years depends heavily on one key factor—health. Unfortunately, for many, the extension of our lifespan has not been accompanied by a similar extension of our “health span.” Instead, it is associated with physical and mental physical deterioration, an increased incidence of age-related diseases and rising healthcare costs. Importantly, studies show that, for most people, approximately 25% of an individual's lifespan is genetically determined, and the rest, the majority, is based on lifestyle. Thus, the aging process is “plastic.” It can be accelerated by poor diet, lack of physical activity and exposure to hazardous environmental exposures (e.g., cigarette smoke and pollution), and it can be slowed through healthier lifestyles, including a quality diet. Clearly, what a person eats is a vital factor that will determine whether they live to 60, 80 or 100—and, more importantly, whether they will get there in good health. The focus of this course is to outline how we can optimize diet and nutrition to exploit our bodies' innate ability to protect and regenerate itself at the cellular and organ levels. This course will examine the role of foods, food-derived substances, and dietary patterns in counteracting the molecular changes associated with the hallmarks of aging. It will address the role of dietary supplements and other “anti-aging elixirs” that are widely promoted. It will address optimal protein intake (amount, type, distribution) so as to maintain muscle health, reduce frailty and preserve functional independence for our aging population. The potential for better nutritional habits to improve health outcomes in older populations is a largely untapped, yet urgently needed measure.

Disclaimer: These live interactive INR presentations provide continuing education for health care and mental health professionals with the understanding that each participant is responsible to utilize the information gained in an appropriate manner congruent with his/her/their scope of licenses.

PROGRAM/LECTURE

11:15 AM to 12:00 PM – Registration

12:00 PM to 1:00 PM – First Hour

- **Genetics vs. Lifestyle.** How “Plastic” is the Aging Process?
- **Why Do We Age?** Unraveling the Key “Hallmarks” of Aging. DNA Damage, Telomere Erosion, Epigenetic Noise and Aging.
- **Mitochondrial Function in Health & Aging.** The Role of Free Radicals and Oxidative Damage.
- **Out with the Old & In With the New:** The Role of Autophagy in Cellular Repair & Renewal.
- **The Paradox of Growth vs. Longevity:** The Role of Dysregulated Nutrient Sensors (insulin, IGF-1, mTOR, AMPK, and sirtuins)
- **“Inflammaging” and Immunosencecence:** Altered Cellular Communication.
- **Stem Cell Exhaustion:** The Ultimate Culprit of Aging.

1:00 PM to 1:10 PM – Break

1:10 PM to 2:10 PM – Second Hour

- **Should We Eat Less to Live More?** Calorie Restriction & Intermittent Fasting to Slow Aging Diets to Mimic Fasting.
- **Calorie Restriction Mimetics the Role of Meal Timing** (Chrono-nutrition).

2:10 PM to 2:20 PM – Break

2:20 PM to 3:20 PM – Third Hour

- **Key Dietary Principles for Healthy Aging:** Anti-inflammatory and Anti-oxidant Diets to Protect & Repair DNA. Diet and Telomere Health. Nutrigenomics: How Food “Talks” to Our Genes.
- **Optimizing Protein Intake:** Strategies to Slow Aging, Reduce Sarcopenia, Improve Muscle Health and Preserve Functional Independence.
- **Enhancing the Body's Repair Processes:** The Role of Bioactive Food Components (polyphenols in fruits and vegetables, tea, coffee, wine, and olive oil). Activating Stem Cells.

3:20 PM to 3:30 PM – Break

3:30 PM to 4:30 PM – Fourth Hour

- **Gut Check: GI Health, Microbes, and Aging.** The Role of Prebiotics and Probiotics in Long-Term Health
- **Overfed but Undernourished:** Common Nutritional Deficiencies in Older Patients. The Role of Obesity in Accelerated Aging.
- **Hoax, Hyperbole, or Healthy Habit?** Supplements Collagen, CoQ10, Turmeric, Resveratrol.
- **Lessons from the Longest Living Cultures on Earth;** Living Longer and Better.

Questions Answers, Course Quiz Review, & Evaluation

LEARNING OBJECTIVES

Participants completing this course will be able to:

- 1) describe the role of genetics vs. lifestyle in the aging process.
- 2) explain how key hallmarks of aging can be influenced by eating healthy foods in a healthy manner.
- 3) outline the research supporting the benefits of caloric restriction, intermittent fasting, and time-restricted eating.
- 4) describe the optimal amounts, types, and distribution of protein intake to maintain muscle health and functional independence.
- 5) outline the most common nutritional deficiencies in older patients and the role of obesity in accelerating the aging process.
- 6) discuss the role of prebiotics, probiotics, and gastro-intestinal health in older patients.
- 7) describe how this course would help professionals in dietetic, nursing, mental health, pharmacy, dentistry, occupational therapy, and physical therapy to improve patient care outcomes.

INSTRUCTOR

Dr. Gina Willett (Ph.D., R.D.) Dr. Willett is a nationally known speaker in the areas of health and wellness. Dr. Willett has a doctoral degree in nutritional science and a master's degree in epidemiology and preventive medicine from the University of Wisconsin, Madison. She also has a master's degree in health education from the University of Oklahoma, Oklahoma City. Dr. Willett is a registered dietitian who has worked as both a clinical dietitian and as a health promotion coordinator. She served her country as an officer in the United States Air Force. In addition, Dr Willett has served as an assistant professor at the University of Richmond in Virginia. For the past twenty years, she has developed and presented continuing education programs to over 100,000 healthcare providers across the country.

INR reserves the right to change instructors without prior notice. Every instructor is either a compensated employee or independent contractor of INR.