

SIX-HOUR LIVE WEBINAR

Tuition: \$89

(REGISTRATION FORM)

BETTER HABITS, BETTER HEALTH:

Preventing & Managing Chronic Illness

Please Check One Option Below:

LIVE WEBINAR:

Sat., Jan. 20, 2024, 9:30 AM – 4:40 PM, (Eastern Time)

or 8:30 AM – 3:40 PM, (Central Time)

or 6:30 AM – 1:40 PM, (Pacific Time)

Tue., Apr. 2, 2024, 9:30 AM – 4:40 PM, (Eastern Time)

or 8:30 AM – 3:40 PM, (Central Time)

or 6:30 AM – 1:40 PM, (Pacific Time)

\$89 – Pre-Registration Rate: Live Webinar with 6 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.

\$83 – DVD or streaming video available for homestudy credit.

\$69 – DVD or streaming video only without homestudy test.

*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):

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Charge the amount of \$ _____

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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) 363-7798
- 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 6 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 6 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), the Iowa Board of Nursing (#288) for 6 contact hours, and the California Board of Registered Nursing (CEP #06136) and the Kansas Board of Nursing (#LT0140-0927) for 7.2 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 6 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 0751-0000-21-018-L04-P. This is a knowledge-based CPE activity.

REGISTERED DIETITIANS & DTRS

This program awards 6 hours of CPEUs in accordance with the Commission on Dietetic Registrations provider programs. This course has Activity Number 145094 and Performance Indicators: 12.1.1. CPE Level: I.

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 CPAOPD 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 Pennsylvania Board of Psychology has approved INR as a sponsor/provider of CE programs. Under Sponsor #268.000096, the Illinois Dept of Prof Regulation for 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, MFTs, & ADDICTION COUNSELORS

Institute for Natural Resources has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 7156. Programs that do not qualify for NBCC credit are clearly identified. Institute for Natural Resources is solely responsible for all aspects of the programs.

Under Sponsor #00088989 and Approval #60007958374, CRCC has approved this course for 6 contact hours. Under Sponsor #197-000240, the Illinois Dept of Prof Regulation has approved INR as a CE sponsor for professional/clinical 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. 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. INR is approved by the NAADAC Approved Education Provider Program, Provider #182846.

SOCIAL WORKERS

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 6 clinical continuing education credits. 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 CA 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. This course "Better Habits, Better Health," Approval #01202023-18 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: 09/01/22 through 08/31/24. New Jersey social workers will receive six (6) clinical CE credits for participating in this course.

OCCUPATIONAL THERAPISTS & OTAs

INR is an AOTA Approved Provider of continuing education. Provider #5347. INR has assigned 0.6 AOTA CEUs for this course. The category of this course is Foundational Knowledge. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA.

PHYSICAL THERAPISTS/PTAs & CHIROPRACTORS

The Florida Physical Therapy Association has approved this course for 6 contact hours (Approval # CE 24-659558). 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



ACCREDITATION (cont.'d)

approved by the Institute for Natural Resources (INR) for 6 continuing competency units. The New York State Dept of Education has approved INR as a sponsor of continuing physical therapy education. The Maryland Board of Chiropractic Examiners has approved this course for 6 hours. The New Jersey Board of Chiropractic Examiners has approved INR as a pre-approved provider of chiropractic continuing education courses for the Sep 1, 2023 – Aug 31, 2025 renewal cycle.

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 6 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.

MASSAGE 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 6-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. 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 programs yearly.

INR has no ties to any ineligible 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, standards, 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) 363-7798

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.

BETTER HABITS, BETTER HEALTH: Preventing & Managing Chronic Illness

Frequently Asked Questions

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

To obtain the 6 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

- What is the biggest threat to a healthy life and the greatest health-care burden?
- What are the top ten chronic illnesses?
- How can someone cope with chronic pain and chronic fatigue?

The scientifically-based, six-hour course, "Better Habits, Better Health: Preventing and Managing Chronic Illnesses," is designed to answer the above questions and provide education about creating and keeping a patient healthy.

The course will examine dietary and exercise habits. It will cover the relationship between stress and health. The brain is the major health organ of the body.

The course will review cardio-metabolic diseases and give information on avoiding common forms of cancer. It will examine the prevention of accidents and suicide. It will look at the relationship between oral health and chronic disease. It will cover the medical consequences of optimistic and pessimistic outlooks.

A major part of the course will allow health professionals to be aware of procedures to change unhealthy habits and replace such habits with appropriate behavioral changes. The course will present five behavioral habits that most affect health risk and illness risk.

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. Furthermore, the contents of these presentations are relevant to graduate level counselors; The presenter teaching the program has an advanced degree in the mental health field.

PROGRAM/LECTURE

Registration: 7:45 AM – 8:30 AM

Morning Lecture: 8:30 AM – 10:00 AM

- **The Mind-Body Connection:** How Behavioral Habits Keep Us Well And Make Us Sick.
- **The Experience of A Chronic Illness.** Acute Illness vs. Chronic Illness. The Physical, Psychological, and Social Aspects of Chronic Illnesses.
- **Neuroendocrine System and H-P-A Stress Axis:** How the Immune System Is Impaired by Chronic Stress.
- **The Top Ten Chronic Illnesses:** How Much of the Risk is Genetic? How Much is Behavior and Lifestyle.
- **The Major Health Organ of the Body:** The Brain.
- **Core Beliefs and Behavioral Habits:** Their Huge Influence on Health and Illness. The Placebo Effect.

Mid-Morning Lecture: 10:00 AM – 11:30 AM

- **Optimism and Pessimism:** The Medical Consequences.
- **Personality, Habits, & Health:** How Personality Types Affect the Risk for Chronic Illness.
- **Why Is It So Hard for People to Change Their Unhealthy Behavioral Habits?**
- **The Dirty Dozen:** Do Our Behavioral Habits Kill Us? Preventing and Managing the Top Twelve Causes of Chronic Illnesses and Premature Death.
- **Too Tired to Eat Well.** Dietary and Exercise Habits: Nutritional Strategies That Makes Sense. The Biggest Part of Health Management.
- **Stress Management and Health:** Mindfulness, Cognitive-Behavioral Therapy, and Healthy Sleep.

Lunch: 11:30 AM – 12:20 PM

Afternoon Lecture: 12:20 PM – 2:00 PM

- **Coping with Chronic Pain and Fatigue:** Arthritic Pain, Muscle Pain, and Neuropathies.
- **The Top Cause of Chronic Disability in the Young:** Depression and Anxiety.
- **Changing Unhealthy Habits into Healthy Ones.** SMART Goal-Setting, Action Plans, and Sustaining Change.
- **Living Longer but Sicker:** Life Expectancy Changes And Surviving Serious Chronic Illnesses.
- **Better Habits for Better Health:** Preventing and Managing The Top Ten Illnesses and Conditions That Kill Four Out Of Five People.
- **Cardio-metabolic Diseases.** Lowering the Risk for Biggest Threats to Health: Heart Disease, Stroke, Obesity, and Diabetes.

PROGRAM (cont.)

Mid-Afternoon Lecture: 2:00 PM – 3:20 PM

- **Common Forms of Cancer:** Healthy Habits for Reducing Cancer Risk and Increasing Survival.
- **Alzheimer's Disease:** How Environment and Behavior Increase the Risk. Preventive Care in Dementia Patients.
- **Preventing Accidents and Suicide:** Recognizing the Risks. Prudent Precautions.
- **Dental Considerations in Chronic Illness:** Inflammation, Oral Hygiene, and Preventive Care.
- **The Five Fickle Fingers of Fate:** The Five Behavioral Habits That Most Affect Health and Illness Risk.

Evaluation, Questions, and Answers: 3:20 PM – 3:40 PM

LEARNING OBJECTIVES

Participants completing this course will be able to:

- 1) describe how personality types, core beliefs, and behavioral habits affect chronic illness.
- 2) discuss the most common chronic illnesses and the key factors in prevention and management.
- 3) explain how stress, anxiety, and depression influence chronic illnesses.
- 4) describe practical behavioral habits for coping with disabling chronic conditions like pain, cancer, arthritis, and other diseases.
- 5) list ways to help patients develop healthier habits in terms of nutrition, activity, preventive medical and dental care, and emotional well-being.
- 6) describe how the information in this course can be utilized to improve patient care and patient outcomes.
- 7) describe, for this course, the implications for dentistry, mental health, and other health professions.

INSTRUCTOR

Dr. Michael E. Howard (Ph.D.) is a full-time psychologist-lecturer for INR. Dr. Howard is a board-certified clinical neuro-psychologist and health psychologist who is an internationally-recognized authority on brain-behavior relationships, traumatic brain injury, dementia, stroke, psychiatric disorders, aging, forensic neuro-psychology, and rehabilitation.

During his 30-year career, Dr. Howard has been on the faculty of three medical schools, headed three neuro-psychology departments, and directed treatment programs for individuals with brain injury, dementia, addiction, chronic pain, psychiatric disorders, and other disabilities.

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

SYSTEM REQUIREMENTS

For system requirements to participate in INR's live webinars, please visit Zoom's website at <https://support.zoom.us/hc/en-us/articles/201362023-Zoom-system-requirements-Windows-macOS-Linux>.