

Institute for Health Services
Continuing Education for Health Occupations

A NEW LOOK AT NUTRITION

This 6 hour continuing education credit course is ideal for nurses, CNA's, social workers, medical assistants, guardians, nursing home administrators, professional guardians or individuals wishing to improve their nutritional needs. This course is designed to help health care professionals understand the importance of health at the cellular level and how through five major practices health can be achieved. This course will help participants achieve their health oriented goals through a holistic approach and learn how to teach these goals to patients/clients.

During this course you will learn:

The five major components of cellular health and major functions of a normal cell.

The normal processes of nutrition.

The five major nutritional factors in cellular destruction

The relationship between nutrition and detoxification.

How to use supplements wisely.

The stumbling blocks to weight control.

The benefits of exercise and how to incorporate it into your daily routine.

Ways to detoxify.

Ways to reduce stress and participate in a relaxation

The course will be offered on the Daytona State College campus on Saturday, January 21st from 9 am – 4 pm (one hour lunch) in Building 320, Room 541.

The instructor for the course is Mae Miner, RN, BSN. Tuition is \$40. Registration and pre-payment is required before classes begin. For more information and to pre-pay by check or credit card call the Institute for Health Services at Daytona State College at (386) 506-3522. Answering machine on at all times.