



Memorandum

#12-068

TO: WIC Regional Directors
WIC Local Agency Directors

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

DATE: July 2, 2012

SUBJECT: Hot Topic for WIC Registered Dietitians – Food, Stress, and the Brain

Have you ever wanted to know more about why food is irresistible to the brain? What happens when chronic stress, genetics, a savvy food industry, or our own inability to “read the signs” promote overeating? What are some strategies to recognize biological vs. psychological hunger, calm cravings, and manage appetite dysregulation? Then join us for the upcoming Hot Topic training, *Food, Stress, and the Brain!*

Hildreth England, RD, LD, and Debbie Lehman, PhD, RD, LD, will be presenting the training. **Registered Dietitians and Dietetic Technicians, Registered, who attend the training are eligible for 1 CEU** (*note: name and local agency number must be submitted at the beginning of the session to receive credit*). The presentation will be repeated twice to accommodate different schedules.

Session Dates & Times:

Food, Stress, and the Brain

Presented by: Debbie Lehman, PhD, RD, LD and Hildreth England, RD, LD

Tuesday, July 31, 2012

12:30 – 1:30 pm

and

Thursday, August 2, 2012

12:30 – 1:30 pm

Instructions for Login:

1. You will need a telephone and internet access.
2. Open your internet browser. Go to
<https://stateoftx-dshs.centurylinkccc.com/CenturylinkWeb/HotTopicBrainStress>
3. Click the “Guest” tab.
4. Enter your name and email address, then click “Join Meeting.”
5. To join audio, type your phone number and click “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, Nutrition Education Consultant, Nutrition Education/Clinic Services Unit, at (512) 341-4512, kaylene.thompson@dshs.state.tx.us or Leona Duong, RD, LD, Clinical Nutrition Specialist, at (512) 341-4520 or leona.duong@dshs.state.tx.us.