



## Memorandum

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#14-079

**TO:** WIC Regional Directors  
WIC Local Agency Directors

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

**DATE:** June 23, 2014

**SUBJECT:** Hot Topic for WIC Registered Dietitians – *Role of Physical Activity in Weight Management*

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Are you curious about how physical activity influences body weight? If you are, please join us for the upcoming Hot Topic training, *Role of Physical Activity in Weight Management*. This training will include a discussion about the physical activity recommendations for weight loss and weight maintenance, phases of weight management, benefits of exercise, and the role of the RD in physical activity guidance. You will leave with the knowledge and resources to answer common physical activity questions.

Angela Gil, RD, LD, and Jessi Cano, RD, will present 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:**

Tuesday, July 15, 2014, 12:00 – 1:00 p.m. CST

Thursday, July 17, 2014, 12:00 – 1:00 p.m. CST

### **Instructions for logging on:**

1. You will need a telephone and internet access.
2. Open your internet browser. Go to [Hot Topic Presentation on CenturyLink](#)
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.

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Dietitians – *Role of Physical Activity  
in Weight Management*  
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If you have questions or require additional information, please contact Leona Duong, RD, LD, at [leona.duong@dshs.state.tx.us](mailto:leona.duong@dshs.state.tx.us), (512) 341-4520 or Kaylene Thompson, RD, LD, at [kaylene.thompson@dshs.state.tx.us](mailto:kaylene.thompson@dshs.state.tx.us), (512) 341-4512.