



**Healthy Living ECHO for
Primary Care Providers**

(5-Part Series) Wednesdays at Noon

- 10/20** - Session 1: Introduction to stages of change, motivational interviewing & goal-setting, and MSU Extension Service Background & Scope
10/27 - Session 2: Nutrition Assessment and Prescription & Physical Activity Assessment and Prescription
11/3 - Session 3: Stress/Mental Health Assessment and Prescription & Sleep Health Assessment & Prescription
11/10 - Session 4: Diabetes and Lifestyle Medicine & Strategies for Relapse
11/17 - Session 5: Hypertension and Lifestyle Medicine & Review

Date: October 20, 2021 12:00 PM - 1:00 PM, Virtual Session

Session 1: Introduction to stages of change, motivational interviewing and goal-setting, and MSU Extension Service Background and Scope

REGISTER BY CLICKING THIS LINK: <https://forms.office.com/r/ygpWwqKuqH>

Target audience: Physicians, Nurse practitioners, Nurses, and other interested healthcare providers.

Speakers

Josie Bidwell, DNP, FNP-C, DipACLM, Associate Professor, Department of Preventive Medicine, UMMC
David R. Buys, PhD, MSPH, CPH, FGSA, State Health Specialist, MSU Extension

The speakers today have no relevant financial relationships to disclose.

Educational Objective

At the conclusion of this activity, the learner should better be able to:

Discuss cases that will enable clinicians working in primary care settings to effectively promote healthy lifestyle change in their patients.

There are no fees for participating in this live activity.

For more information contact Brea Cole at bccole@umc.edu

AMA The University of Mississippi School of Medicine is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

As an organization accredited for continuing medical education, the University of Mississippi School Medicine designates this live activity for a maximum of **1.0 AMA PRA Category 1 Credit™** toward the AMA Physician's Recognition Award. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Nurse-The University of Mississippi Medical Center School of Nursing is approved as a provider of nursing continuing professional development by The Mississippi Nurses Foundation Inc. an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

As an approved provider, the University of Mississippi Medical Center School of Nursing awards this educational activity 1 (one) contact hour(s).