

WOLF RINKE ASSOCIATES, INC.

NUTRITION and CLINICAL

*Save time and money with electronic (pdf) courses marked with *.

Go to www.easyCPEcredits.com to learn more.

NEW

C223* 14 CPEUs \$104.95
Glycemic Index: Evidence Based Approaches for Weight, Diabetic, and Heart Healthy Management J. Clark-Warner, MS, RD, CDE

This up-to-date **manual** (125 pgs) reviews GI nomenclature, shows discrepancies of the GI, and explores evidence based approaches for weight, diabetic, and heart healthy management. You will learn how to:

- implement strategies for weight loss and maintenance, diabetic control, and cardiovascular health
- recognize that certain refined and processed foods can have a lower GI.
- explain how to calculate the glycemic load of a meal
- recommend artificial sweeteners and how they can be used by clients
- develop weight, diabetic, and heart healthy eating plans for clients
- identify specific diet components helpful for hypertension, hyperlipidemia, heart failure, angina, atrial fibrillation, and cardiac valve disorders

Share with a friend and **Save!** Additional Reporting Form \$30.00

Approved/Accepted by CDR/AND/ADA, ANFP/DMA, NCBDE

RDs & DTRs: Suggested Learning Need Codes for the Prof. Dev. Portfolio:

2000, 2070, 2090, 2110, 3000, 3010, 3020, 3030, 3040, 3060, 3070, 3080, 3100, 4000, 4010, 4030, 4040, 4060, 4090, 4120, 5000, 5090, 5110, 5130, 5160, 5190, 5200, 5260, 5280, 5290, 5370, 5390, 5400, 5410, 5460, 6000, 6010, 6020, 6060, 6070

C219 28 CPEUs \$179.95

Nutrition for Cancer Survivors, 2nd Ed.

L. Grant, MS, RD, CSO, LD; A. S. Block, PhD, RD; K. K. Hamilton, MA, RD, CSO, CDN; C. A. Thomson, PhD, RD, CSO

(**Book**, 352 pgs and **study guide**, 36 pgs) Will enable you to guide patients and their families who are facing the challenge of a cancer diagnosis and to help them eat healthfully before, during and after treatment.

Share with a friend and **Save!** Additional Reporting Form \$50.00

Approved by CDR/AND/ADA, ANFP/DMA

RDs & DTRs: Suggested Learning Need Codes for the Prof. Dev. Portfolio:

2000, 2010, 2020, 2030, 2060, 2070, 2090, 2110, 3000, 3040, 3100, 4000, 4030, 4040, 4060, 4110, 5000, 5150, 5370, 5460, 6010

"I am never disappointed in the Wolf Rinke CEU curricula. It is easy reading and very organized. Always a pleasure."

Marne Stollenwerk

C217 24 CPEUs \$149.95

The Stubborn Fat Fix: The Essential Guide to High Fiber, Low Carbohydrate, Whole Food Diets V. Berkowitz, MS, RD, CDN, CDE

(**Book**, 275 pgs and **study guide**, 34 pgs) Will assist you in counseling clients and patients who have chosen a low carbohydrate way of eating, and provides a wealth of practical information and support.

Share with a friend and **Save!** Additional Reporting Form \$50.00

Approved/Accepted by CDR/AND/ADA, ANFP/DMA, NCBDE

RDs & DTRs: Suggested Learning Need Codes for the Prof. Dev. Portfolio

2000, 2020, 2070, 2110, 3,000, 3005, 3030, 3040, 3060, 3080, 3090, 3100, 4000, 4030, 4040, 4050, 4060, 4090, 4120, 4170, 4180, 5000, 5090, 5160, 5190, 5230, 5240, 5260, 5370, 5420, 5460, 6010

"Your company is very professional—from the people who answer your phone to how quickly the materials arrived. If your company offers the course I need, I would even pay more because of the quality of your staff and products."

Mary Sorrentino, RD

NEW

C226* Available 2/20/2012 8 CPEUs \$84.95
Irritable Bowel Syndrome: Fodmaps, Fat, Fiber and Flora K. Scarlata, RD, LDN

This up-to-date **manual** (85 pgs) will enable you to help clients manage their IBS symptoms. You will learn how to:

- assess symptoms and discuss treatment options for your clients
- distinguish between food allergy, food sensitivities, gluten sensitivity and celiac disease
- recommend a low FODMAP diet to manage symptoms
- develop IBS nutrition care plans with patient tolerable fiber-rich foods and supplements
- create menu plans and grocery lists to assist IBS clients

Share with a friend and **Save!** Additional Reporting Form \$30.00

Approved/Accepted by CDR/AND/ADA, ANFP/DMA

RDs & DTRs: Suggested Learning Need Codes for the Prof. Dev. Portfolio:

3000, 3100, 4000, 4170, 4180, 5000, 5110, 5200, 5220, 8090

C224* **NEW EDITION** 16 CPEUs \$119.95

Eating Challenges During the Adolescent Years, 3rd Ed.

B. M. Lulinski, MS, RD

Practical **manual** (182 pgs) to help you teach adolescents how to fuel their bodies. Topics include sexual maturation, assessing the teen, fueling for sports, dealing with eating disorders and other risky behaviors.

Share with a friend and **Save!** Additional Reporting Form \$50.00

Approved by CDR/AND/ADA, ANFP/DMA, SNA

RDs & DTRs: Suggested Learning Need Codes for the Prof. Dev. Portfolio

3000, 3020, 3030, 3040, 3070, 4000, 4010, 4030, 4040, 4060, 4080, 4110, 4160, 5000, 5010, 5020, 5030, 5040, 5050, 5080, 5200, 5280, 5310, 5320, 5350, 5370, 5390, 6000, 6010, 6020, 6040, 6050, 6070, 8080

C216 12 CPEUs \$104.95

Nutritional Guide to Lowering Cholesterol: A Comprehensive Approach to Heart Health E. B. Trujillo, MS, RD

(**Manual**, 114 pgs and **book**, 300 pgs) Provides the scientific evidence for its companion book, *Eating for Lower Cholesterol: A Balanced Approach to Heart Health with Recipes Everyone Will Love*. Provides you the tools to assess and counsel heart disease patients.

Share with a friend and **Save!** Additional Reporting Form \$30.00

Approved/Accepted by CDR/AND/ADA, ANFP/DMA

RDs & DTRs: Suggested Learning Need Codes for the Prof. Dev. Portfolio

2000, 2010, 2020, 2050, 2070, 2090, 3,000, 3005, 3010, 3020, 3060, 3070, 3080, 3090, 3100, 4000, 4030, 4040, 4050, 4060, 4090, 4120, 4150, 4160, 4170, 4180, 5000, 5150, 5160, 5190, 5260, 5370, 5410, 5420

C215* 30 CPEUs \$189.95

Medical Nutrition Therapy for Kidney Disease

N. L. Kondracki, MS, RD, LDN.

(**Manual**, 287 pgs) The most comprehensive CPE program we have ever published! Discover how to apply the principles of medical nutrition therapy (MNT) for a variety of kidney diseases consistent with current clinical practice recommendations.

Share with a friend and **Save!** Additional Reporting Form \$50.00

Approved/Accepted by CDR/AND/ADA, ANFP/DMA, NCBDE

RDs & DTRs: Suggested Learning Need Codes for the Prof. Dev. Portfolio

2000, 2090, 2110, 3000, 3005, 3010, 3020, 3030, 3040, 3060, 3070, 3080, 3090, 3100, 4000, 4010, 4030, 4040, 4050, 4060, 4090, 4120, 4130, 4150, 4160, 4180, 4190, 5000, 5010, 5020, 5030, 5040, 5070, 5080, 5090, 5100, 5110, 5120, 5130, 5150, 5160, 5170, 5190, 5200, 5220, 5230, 5240, 5250, 5260, 5270, 5280, 5310, 5320, 5340, 5360, 5370, 5380, 5390, 5400, 5410, 5420, 5440, 5450, 5460, 6000, 6020, 7170, 8090, 8100

NUTRITION AND CLINICAL

*Save time and money with electronic (pdf) courses marked with *.

Go to www.easyCPEcredits.com to learn more.

C190* **12 CPEUs** **\$99.95**
Nutrition for Infants & Young Children, 4th Ed. C.M. Bareuther, RD
This manual (190 pgs) enables you to care for infants and young children more effectively. Learn how to evaluate their growth and development; calculate their nutrient requirements; plan, recommend and implement feeding programs and assess their nutritional status.
Share with a friend and Save! Additional Reporting Form **\$30.00**
Approved by CDR/AND/ADA, ANFP/DMA, SNA
Approved for Board Certified Specialists in Pediatric Nutrition
RDs & DTRs: Suggested Learning Need Codes for the Prof. Dev. Portfolio
3000, 3010, 3020, 3030, 3040, 3090, 3100, 4000, 4040, 4050, 4110, 4120, 4150, 5000, 5070, 5180, 5190, 5200, 5250, 5280, 5290, 5370, 5420, 5440

C211* **15 CPEUs** **\$129.95**
Nutrition for Pregnancy and Lactation, 4th Ed. C. M. Bareuther, RD
(Manual, 166 pgs) Learn the role nutrition plays in conception, pregnancy and lactation.
Share with a friend and Save! Additional Reporting Form **\$30.00**
Approved by CDR/AND/ADA, ANFP/DMA
RDs & DTRs: Suggested Learning Need Codes for the Prof. Dev. Portfolio
3000, 3010, 3020, 3030, 3040, 3090, 3100, 4000, 4040, 4090, 4120, 4130, 4140, 4180, 5000, 5090, 5190, 5200, 5260, 5310, 5350, 5370, 5420, 8010, 8080

C182* **12 CPEUs** **\$94.95**
Nutrition Therapy for Children with Attention Deficit Hyperactivity Disorder (ADHD), 2nd Ed. C. M. Bareuther, RD
(Manual, 136 pgs) Learn how diet interacts with ADHD and provide information about prevalence, diagnosis and etiology in the context of brain physiology.
Share with a friend and Save! Additional Reporting Form **\$30.00**
Approved by CDR/AND/ADA, ANFP/DMA
RDs & DTRs: Suggested Learning Need Codes for the Prof. Dev. Portfolio
2000, 2030, 2040, 2050, 2070, 2090, 3000, 3005, 3070, 3100, 4000, 4030, 4150, 4160, 5000, 5020, 5030, 5070, 5080, 5110, 5320, 5390, 5420, 6000, 8018

C201* **10 CPEUs** **\$84.95**
A Guide to Pediatric Nutrition A. Thompson, MSH, RD, CSP, LD/N
(Manual, 168 pgs) Provides practical information that will enable you to assess nutrient and fluid needs of the school-age child, including children with developmental disabilities who may require enteral nutrition support.
Share with a friend and Save! Additional Reporting Form **\$30.00**
Approved/Accepted by CDR/AND/ADA, ANFP/DMA
RDs & DTRs: Suggested Learning Need Codes for the Prof. Dev. Portfolio
2000, 2070, 2090, 3000, 3020, 3030, 3040, 3050, 3060, 4000, 4030, 4060, 4080, 4150, 4160, 5000, 5010, 5020, 5050, 5070, 5180, 5200, 5210, 5220, 5370, 5390, 5410, 5440, 5450, 6000, 6010, 6020, 6040, 8010

C220 **20 CPEUs** **\$124.95**
The PCOS Diet Plan: A Natural Approach to Health for Women with Polycystic Ovary Syndrome H. Wright, M.Ed, RD
(Book, 246 pgs and study guide, 34 pgs) Provides you with a wealth of practical information and support for you and your clients.
Share with a friend and Save! Additional Reporting Form **\$50.00**
Approved/Accepted by CDR/AND/ADA, ANFP/DMA, NCBDE
RDs & DTRs: Suggested Learning Need Codes for the Prof. Dev. Portfolio:
2000, 2020, 2070, 2110, 3000, 3030, 3040, 3060, 3080, 3090, 3100, 4000, 4030, 4040, 4060, 4090, 4180, 5000, 5090, 5190, 5310, 5370, 5420, 5460, 6010

Order on-line and SAVE at www.easyCPEcredits.com
Discount Coupon on page 3

C205 **26 CPEUs** **\$155.95**
Making Weight Control Second Nature
S. B. March, MS, RD, LD/N, CDE
(Book, 324 pgs and study guide, 38 pgs) Learn how to help clients lose weight healthfully, and maintain their weight permanently. Provides practical information to address clients' stage of behavioral change, help modify their eating patterns; incorporate physical activity into sedentary lifestyles to manage weight and reduce health risks associated with obesity.
Share with a friend and Save! Additional Reporting Form **\$50.00**
Approved by CDR/AND/ADA, ANFP/DMA
RDs & DTRs: Suggested Learning Need Codes for the Prof. Dev. Portfolio
2000, 2020, 2070, 2090, 2110, 3000, 3030, 3040, 3090, 4000, 4030, 4040, 4050, 4060, 4090, 4110, 4120, 5000, 5190, 5200, 5260, 5370, 5460, 6000, 6010, 6020, 6030, 6070, 6080, 8000, 8015, 8060, 8090, 8100

C207 **25 CPEUs** **\$149.95**
Becoming Raw: The Essential Guide to Raw Vegan Diets
B. Davis, RD and V. Melina, MS, RD
(Book, 376 pgs and study guide, 39 pgs) Will enable you to counsel clients who have chosen raw and partly raw diets, to assist with writing, media work, or presentations, and to provide practical information and support.
Share with a friend and Save! Additional Reporting Form **\$50.00**
Approved by CDR/AND/ADA, ANFP/DMA
RDs & DTRs: Suggested Learning Need Codes for the Prof. Dev. Portfolio
2000, 2070, 2090, 3000, 3020, 4000, 4030, 4040, 4060, 4110, 4120, 4130, 4140, 4150, 4160, 4190, 4190, 5000, 5030, 5070, 5080, 5090, 5100, 5130, 5150, 5160, 5180, 5190, 5230, 5260, 5310, 5370, 8080

C195 **18 CPEUs** **\$114.95**
Nutrition in Sickness & Health: Practical Nutrition Tips for Patients, Caregivers, and the Public
J. Schulman, PhD, MPH, RD, CLE
(Book, 199 pgs and study guide, 40 pgs) What is a functional food? How can you tell the difference between quality nutrition science and "pseudoscience"? How does nutrition affect the immune system? What is a probiotic? Should I be concerned if my child is not eating well? What are the dietary needs of older adults? This program answers these questions and many more in clear, concise, and easy to read style.
Share with a friend and Save! Additional Reporting Form **\$50.00**
Approved by CDR/AND/ADA, ANFP/DMA
RDs & DTRs: Suggested Learning Need Codes for the Prof. Dev. Portfolio
2000, 2010, 2020, 2030, 2040, 2050, 2060, 2070, 2090, 2100, 3000, 4000, 4010, 4020, 4030, 4040, 4120, 4130, 4140, 4150, 4190, 5070, 5080, 5090, 5100, 5110, 5160, 5220, 5270, 5280, 5290, 5420, 6010, 8018, 8040, 9020

"...a delightful way to get continuing education credits...!"

Nancy L. Nelson, RD, MPH

"There isn't a faster or easier way to get CE credits..."

Deanna L. Michaels, CDM

"Easy. Helpful staff. Quick response. Good program content."

Norma Martin, RD

C204 **25 CPEUs** **\$149.95**
101 Foods That Could Save Your Life D. Grotto, RD, LDN
(Book, 436 pgs and study guide, 29 pgs) Provides practical information about 101 foods that will help your clients meet their nutrition goals, and improve the quality of their health and life.
Share with a friend and Save! Additional Reporting Form **\$50.00**
Approved/Accepted by CDR/AND/ADA, ANFP/DMA
RDs & DTRs: Suggested Learning Need Codes for the Prof. Dev. Portfolio
2000, 2010, 2020, 2030, 2070, 2090, 2100, 2110, 3000, 3040, 3080, 3090, 3100, 4000, 4040, 4090, 4110, 5000, 5110, 5120, 5130, 5150, 5160, 5180, 5190, 5230, 5240, 5260, 5280, 5310, 5340, 5370, 5460, 8100, 8130

NUTRITION AND CLINICAL

*Save time and money with electronic (pdf) courses marked with *.

Go to www.easyCPEcredits.com to learn more.

C189 **30 CPEUs** **\$179.95**
Endurance Sports Nutrition: Strategies for Training, Racing, and Recovery, 2nd Ed. S. Girard Eberle, MS, RD, CSSD
 (Book, 312 pgs and study guide, 39 pgs) Practical information to help meet the nutritional needs of individuals engaged in prolonged exercise.
 Share with a friend and Save! Additional Reporting Form \$50.00
 Approved by CDR/AND/ADA, ANFP/DMA
 RDs & DTRs: Suggested Learning Need Codes for the Prof. Dev. Portfolio
 2000, 2070, 2090, 2100, 2110, 3000, 3020, 3030, 3040, 3100, 4030, 4060, 4070, 4110, 4180, 5000, 5130, 5200, 5230, 6000, 6020

C191 **30 CPEUs** **REDUCED \$179.95- \$159.95**
Advanced Sports Nutrition: Fine-Tune Your Food and Fluid Intake for Optimal Training and Performance
 D. Benardot, PhD, DHC, RD, LD, FACSM
 (Book, 342 pgs and study guide, 41 pgs) Help clients stay healthy while competing at top levels so that they may have longer athletic careers, improve in their sport, and reduce the risks for chronic diseases.
 Share with a friend and Save! Additional Reporting Form \$50.00
 Approved by CDR/AND/ADA, ANFP/DMA
 RDs & DTRs: Suggested Learning Need Codes for the Prof. Dev. Portfolio
 2000, 2070, 2090, 2100, 2110, 3000, 3020, 3030, 3040, 3100, 4030, 4060, 4070, 4110, 4180, 5000, 5130, 5200, 5230, 6000, 6020

C214 **25 CPEUs** **\$149.95**
Nutrition at Your Fingertips, E. Zied, MS, RD, CDN
 (Book, 405 pgs and study guide, 34 pgs) Organized in a readily accessible format, to help translate the science of nutrition for your clients so they can reap many health and related benefits.
 Share with a friend and Save! Additional Reporting Form \$50.00
 Approved by CDR/AND/ADA, ANFP/DMA
 RDs & DTRs: Suggested Learning Need Codes for the Prof. Dev. Portfolio
 2000, 2010, 2020, 2030, 2070, 2090, 2100, 2110, 3000, 3040, 3060, 3080, 3100, 4000, 4030, 4040, 4060, 4110, 4120, 4130, 4140, 4150, 4160, 4170, 4180, 4190 5000, 5110, 5130, 5150, 5160, 5190, 5230, 5260, 5280, 5310, 5370, 5460, 8040, 8100, 8130

C221* **14 CPEUs** **\$104.95**
Yoga and Meditation: Tools for Weight Management, 2nd Ed. A. B. Kay, MS, RD, LDN, RYT
 (Manual, 162 pgs) Will teach you how to blend a science-driven approach to weight management with the complimentary therapies of yoga and meditation.
 Share with a friend and Save! Additional Reporting Form \$30.00
 Approved by CDR/AND/ADA, ANFP/DMA
 RDs & DTRs: Suggested Learning Need Codes for the Prof. Dev. Portfolio:
 2000, 2110, 4000, 4060, 4090, 4180, 5370, 8015

C176 **22 CPEUs** **\$139.95**
Food Allergy Survival Guide: Living Well Without Dairy, Eggs, Fish, Gluten, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Yeast and More V. Melina, MS, RD, J. Stepaniak, MEd & D. Aronson, MS, RD
 (Book, 381 pgs and study guide, 36 pgs) Offers a unique combination of scientific research, culinary expertise, and practical tips for those with food sensitivities and their families.
 Share with a friend and Save! Additional Reporting Form \$50.00
 Approved by CDR/AND/ADA, ANFP/DMA
 RDs & DTRs: Suggested Learning Need Codes for the Prof. Dev. Portfolio
 2000, 2010, 2020, 2030, 2080, 2090, 3000, 3100, 4000, 4040, 4110, 4120, 4130, 4140, 4150, 4190, 5000, 5110, 5120, 5220

Save 5% on orders over \$200*
plus get FREE shipping
 Coupon Code: CPE5051512

Save 10% on orders over \$350*
plus get FREE shipping
 Coupon Code: CPE10051512

*merchandise only

***On-line orders only at**
www.easyCPEcredits.com
Hurry!—Coupons expire 5/15/2012

C183* **12 CPEUs** **\$94.95**
Nutritional Support in the Care of the Critically Ill, 2nd Ed.
 E. B. Trujillo, MS, RD, CNSD & M.K. Robinson, MD, CNSP
 (Manual, 142 pgs) Valuable information and tools to help you provide appropriate nutritional support for critically ill patients.
 Share with a friend and Save! Additional Reporting Form \$30.00
 Approved by CDR/AND/ADA, ANFP/DMA
 RDs & DTRs: Suggested Learning Need Codes for the Prof. Dev. Portfolio
 3000, 5000, 5010, 5170, 5210, 5290, 5380, 5390, 5400, 5410, 5440

C192* **16 CPEUs** **\$109.95**
Complementary & Alternative Therapies Modulating Cardiometabolic Syndrome Risk Factors V. Juturu, PhD, FACN
 (Manual, 203 pgs) Learn how to apply complementary and alternative therapies to manage cardiometabolic syndrome modifiable risk factors.
 Share with a friend and Save! Additional Reporting Form \$50.00
 Approved by CDR/AND/ADA, ANFP/DMA
 RDs & DTRs: Suggested Learning Need Codes for the Prof. Dev. Portfolio
 2000, 2010, 2090, 3000, 3070, 3100, 4000, 4040, 5000, 5110, 5120, 5150, 5160, 5200, 5220, 5230, 5240, 5260, 5370, 5420, 5460

C170 **28 CPEUs** **\$169.95**
The New Becoming Vegetarian: The Essential Guide to a Healthy Vegetarian Diet V. Melina, MS, RD & B. Davis, RD
 (Book, 372 pgs and study guide, 44 pgs) Will help you understand the principles of vegetarian nutrition and apply these to practical situations.
 Share with a friend and Save! Additional Reporting Form \$50.00
 Approved by CDR/AND/ADA, ANFP/DMA
 RDs & DTRs: Suggested Learning Need Codes for the Prof. Dev. Portfolio
 2000, 2070, 2090, 3000, 3020, 4000, 4030, 4040, 4060, 4110, 4120, 4130, 4140, 4150, 4160, 4190, 4190, 5000, 5030, 5070, 5080, 5090, 5100, 5130, 5150, 5160, 5180, 5190, 5230, 5260, 5310, 5370, 8080

“What a wonderful resource! My first experience at this type of CE credits and a rewarding, worthwhile one!”
Virginia Somers Mueller, RD

Order on-line and SAVE at www.easyCPEcredits.com
Discount Coupon above

NUTRITION AND CLINICAL

*Save time and money with electronic (pdf) courses marked with *.

Go to www.easyCPEcredits.com to learn more.

C202* **18 CPEUs** **\$129.95**

Effective Nutrition Education for Behavior Change, 3rd Ed.

R. AbuSabha, PhD, RD

This **manual** (187 pgs) is ideal for diabetes educators and a must for anyone who works with the public. Learn how to select intervention strategies for different population subgroups; use effective communication skills with clients; evaluate the appropriateness of computer-assisted instruction; identify appropriate designs for print materials; write useful manuals and lesson plans and develop effective visual aids.

Share with a friend and **Save!** Additional Reporting Form **\$50.00**

Approved/Accepted by CDR/AND/ADA, ANFP/DMA, NCBDE

RDs & DTRs: Suggested Learning Need Codes for the Prof. Dev. Portfolio

1000, 1020, 1040, 1060, 1090, 1130, 1140, 6000, 6010, 6020, 6030, 6040, 6050, 6060, 6070, 6080, 7120

*"[Your programs] are far more educational, interesting,
enjoyable than anyone else's materials."*

Ann Hyatt, RD

*"This was a perfect way to update my nutrition knowledge
and keep my registration current."*

Sally Milks, RD

C200* **18 CPEUs** **\$144.95**

Medical Nutrition Therapy for Diabetes Mellitus, 6th Ed.

M.J. Franz, MS, RD, LD, CDE

(**Manual**, 192 pgs) This comprehensive, manual written by one of the most renowned diabetes educators in the country will enable you to have a major impact on medical and clinical outcomes and help patients with diabetes achieve dramatic improvements in the quality of life.

Share with a friend and **Save!** Additional Reporting Form **\$50.00**

Approved/Accepted by CDR/AND/ADA, ANFP/DMA, NCBDE

RDs & DTRs: Suggested Learning Need Codes for the Prof. Dev. Portfolio

2000, 2020, 2060, 2070, 2090, 2100, 2110, 3000, 3005, 3010, 3030, 3040, 3060, 3080, 3090, 3100, 4000, 4010, 4020, 4030, 4040, 4050, 4060, 4120, 4130, 4140, 4150, 4160, 4170, 4180, 4190, 5000, 5010, 5040, 5050, 5090, 5100, 5120, 5130, 5160, 5190, 5200, 5220, 5260, 5310, 5360, 5370, 5380, 5390, 5400, 5410, 5460, 6000, 6010, 6020, 6030, 6040, 6060, 6070, 6080, 7170

C193* **9 CPEUs** **\$79.95**

Osteoporosis Prevention and Treatment, 2nd Ed.

K. M. Chapman-Novakofski, PhD, RD, LD

(**Manual**, 120 pgs) This in-depth course will enable you to counsel clients concerning their bone health and improve the quality of their life.

Share with a friend and **Save!** Additional Reporting Form **\$30.00**

Approved by CDR/AND/ADA, ANFP/DMA

RDs & DTRs: Suggested Learning Need Codes for the Prof. Dev. Portfolio

2000, 2020, 2040, 2050, 2070, 2110, 3000, 3005, 3020, 4000, 4040, 4180, 4190, 5000, 5090, 5100, 5130, 5400

C196* **10 CPEUs** **\$84.95**

Nutrition and Cardiovascular Disease

K. Chapman-Novakofski, PhD, RD, LD & S. Gould, PhD, RD

This **manual** (128 pgs) will help you understand the nutritional needs of those who are concerned about preventing and treating cardiovascular disease and the rationale for specific nutrient and health recommendations in both preventive health and therapeutic nutrition.

Share with a friend and **Save!** Additional Reporting Form **\$30.00**

Approved by CDR/AND/ADA, ANFP/DMA

RDs & DTRs: Suggested Learning Need Codes for the Prof. Dev. Portfolio

3000, 3010, 3020, 3080, 3090, 4000, 4030, 4040, 4060, 4090, 5000, 5090, 5160, 5260

C206* **10 CPEUs** **\$84.95**

Type 2 Diabetes and Obesity, 2nd Ed.

K. Chapman-Novakofski, RD, LDN, PhD

This recently revised **manual** (117 pgs) provides you with an understanding of the pathology of these conditions and enables you to design strategies to prevent or treat obesity and type 2 diabetes.

Share with a friend and **Save!** Additional Reporting Form **\$30.00**

Approved/Accepted by CDR/AND/ADA, ANFP/DMA, NCBDE

RDs & DTRs: Suggested Learning Need Codes for the Prof. Dev. Portfolio

2000, 2020, 2050, 2070, 2090, 2100, 2110, 3000, 3005, 3010, 3020, 3030, 3040, 3060, 3080, 4000, 4010, 4020, 4030, 4040, 4050, 4060, 5000, 5190, 5260, 5370

C203* **16 CPEUs** **\$129.95**

Renal Vascular Resistance and Diabetes

V. Juturu, PhD, FACN

(**Manual**, 178 pgs) Will enable you to apply concepts associated with renal vascular resistance and diabetes.

Share with a friend and **Save!** Additional Reporting Form **\$50.00**

Approved/Accepted by CDR/AND/ADA, ANFP/DMA, NCBDE

RDs & DTRs: Suggested Learning Need Codes for the Prof. Dev. Portfolio

2050, 3005, 5000, 5010, 5090, 5160, 5190, 5240, 5260, 5300, 5340, 5370, 5390, 5400, 5410

*"I've taken several courses from your company in the past—
have enjoyed them all—very easy to read and to apply to
my work environment."*

Joanna VanRhee, RD

C194 **16 CPEUs** **\$129.95**

Practical Carbohydrate Counting: A How-to-Teach Guide for Health Professionals 2nd Ed.

H. S. Warshaw, MMSc, RD,

CDE, BC-ADM and K. M. Bolderman, RD, LDN, CDE

(**Book**, 202 pgs and **study guide**, 48 pgs) Will help you understand carbohydrate counting, and provide practical strategies to teach these concepts to people with diabetes.

Share with a friend and **Save!** Additional Reporting Form **\$50.00**

Approved/Accepted by CDR/AND/ADA, ANFP/DMA, NCBDE

RDs & DTRs: Suggested Learning Need Codes for the Prof. Dev. Portfolio

2000, 2070, 2090, 3000, 3010, 3060, 3080, 3090, 4000, 4030, 4040, 4120, 4130, 4150, 4160, 4170, 4180, 4190, 5000, 5030, 5050, 5070, 5080, 5090, 5100, 5190, 5260, 5370, 5390, 5400, 5410, 5460, 6000, 6010, 6020, 6030, 6040, 6060, 6070, 6080

C212* **8 CPEUs** **\$84.95**

Medical Nutrition Therapy for Gestational Diabetes Mellitus,

D. M. Reader, RD, LD, CDE and M. J. Franz, MS, RD, LD, CDE

(**Manual**, 78 pgs) Marion Franz, our best selling diabetes educator, has teamed up with Diane Reader, chair of the expert work group of the 2009 ADA Gestational Diabetes Mellitus (GDM) Evidence-Based Nutrition Practice Guidelines, to author this exceptional diabetes program.

Share with a friend and **Save!** Additional Reporting Form **\$30.00**

Approved/Accepted by CDR/AND/ADA, ANFP/DMA, NCBDE

RDs & DTRs: Suggested Learning Need Codes for the Prof. Dev. Portfolio

2000, 2060, 2070, 2090, 2100, 2110, 3000, 3005, 3010, 3040, 3060, 3070, 3090, 3100, 4000, 4010, 4040, 4050, 4060, 4090, 4120, 4130, 4140, 4150, 4180, 5000, 5010, 5120, 5160, 5180, 5190, 5260, 5280, 5290, 5310, 5370, 5390, 5400, 5410, 5460, 6000, 6010, 6030, 6060, 6070.

Order on-line and SAVE at www.easyCPEcredits.com

Discount Coupon on page 3

or mail or fax the order form to 410-531-9282

or call 1-800-828-9653 or 1-410-531-9280

MANAGEMENT & PROFESSIONAL DEVELOPMENT

*Save time and money with electronic (pdf) courses marked with *.

Go to www.easyCPEcredits.com to learn more.

C197* 20 CPEUs \$149.95

The Power of Communication: How to Increase Your Personal and Professional Effectiveness

W. J. Rinke, PhD, RD, CSP

This easy-to-read **manual** (214 pgs) provides powerful communication strategies that will improve your performance and effectiveness. Do you have few misunderstandings, disagreements or fights? Do your patients, employees, colleagues, spouse and children consistently follow your instructions? Are you able to persuade people to do what you want them to do? In short, are you getting all you want at work and at home? If your answer is "no" to at any of these, then this program is for you.

Share with a friend and Save! Additional Reporting Form \$50.00
Approved by CDR/AND/ADA, ANFP/DMA

RDs & DTRs: Suggested Learning Need Codes for the Prof. Dev. Portfolio

1000, 1040, 1050, 1060, 1070, 1130, 6000, 6020, 6070, 6080, 7000, 7020, 7150, 7190

"I liked the ease of ordering, the speed of delivery and the pertinent, concise information make this a great place to get quality CEUs."

Alice Bennett

C184* 20 CPEUs \$149.95

Win-Win Negotiation: Fail-Safe Strategies to Help You Get More of What You Want

W. J. Rinke, PhD, RD, CSP

This **manual** (188 pgs) shows you how to stretch your budget and get more for less whether you're shopping for a car or a new job. Discover proven negotiation *secrets* to help you earn up to one million dollars more over a 50-year professional career. This course will pay for itself!

Share with a friend and Save! Additional Reporting Form \$50.00
Approved by CDR/AND/ADA, ANFP/DMA

RDs & DTRs: Suggested Learning Need Codes for the Prof. Dev. Portfolio

1000, 1010, 1110, 1130, 7000, 7020, 7030, 7040, 7070, 7080, 7120, 7150, 7210, 8000, 8120

C172 8 CPEUs DVD **REDUCED** ~~-\$89.95~~ \$69.95
C160 8 CPEUs CD **REDUCED** ~~\$79.95~~ \$64.95

Positive Attitude: The Key to Peak Performance

W. J. Rinke, PhD, RD, CSP

Live **audio CD** or **DVD** (73 min) and **manual** (79 pgs) provides fail-safe action strategies you can apply immediately to build and maintain a positive attitude—an attitude that will enable you to achieve peak performance and build healthier relationships with your loved ones and team members.

Share with a friend and Save! Additional Reporting Form \$30.00
Approved by CDR/AND/ADA, ANFP/DMA

RDs & DTRs: Suggested Learning Need Codes for the Prof. Dev. Portfolio

1000, 1010, 1110, 1130, 1130, 7000

C173 8 CPEUs DVD **REDUCED** ~~\$89.95~~ \$69.95
C155 8 CPEUs CD **REDUCED** ~~\$79.95~~ \$64.95

How to Motivate Employees to Achieve Peak Performance

W. J. Rinke, PhD, RD, CSP

This live **audio CD** or **DVD** (60 min) and **manual** (77 pgs) provides fail-safe strategies to build an organizational culture that maximizes the potential of team members by encouraging high levels of trust, empowerment and teamwork to achieve quantum leaps in performance, productivity and profitability.

Share with a friend and Save! Additional Reporting Form \$30.00
Approved by CDR/AND/ADA, ANFP/DMA, SNA

RDs & DTRs: Suggested Learning Need Codes for the Prof. Dev. Portfolio

1000, 1070, 1110, 1130, 7000, 7020, 7050, 7070, 7090, 7160, 7190, 7200

NEW

C225 24 CPEUs \$139.95

Leadership: Helping Others to Succeed

(Anthology), W. Bennis, P. Schroeder, W. J. Rinke, PhD, CSP, RD, et al.

According to one expert reviewer: "This is an outstanding well-written **book** (228 pgs & **study guide**, 42 pgs) that covers the discipline of leadership from the perspective of leadership researchers and experts. The format...makes it an easy read, but provides timely and in-depth information on leadership. It is both a theory and a 'how to' book which differentiates it from most leadership books which dwell only on theory. At a time when both our country and industry are over-managed and under-led, I believe this book is a must read for everyone. I feel so strongly about the timeliness and appropriateness of the contents of this book, I am going to adopt it as required reading in one of my senior-level capstone classes." Learn how to:

- differentiate among specific leadership approaches to improve your and your team's performance
- increase your success in a new leadership role
- implement reward and recognition strategies to achieve improved performance and job satisfaction
- motivate different generations more effectively
- increase the level of trust in your organization
- apply specific rules to increase team motivation
- conduct effective job interviews
- lead effectively during tough times
- plus much, much more

Share with a friend and Save! Additional Reporting Form \$50.00

Approved by CDR/AND/ADA, ANFP/DMA

RDs & DTRs: Suggested Learning Need Codes for the Prof. Dev. Portfolio:

1000, 1040, 1050, 1070, 1110, 1120, 1130, 1140, 6000, 6070, 6080, 7000, 7010, 7020, 7030, 7040, 7050, 7070, 7090, 7160, 7180, 7190, 7200

C208* 20 CPEUs \$149.95

Knock'em Alive Presentation Skills: How to Make an Effective Presentation for 1 or 1,000, 2nd Ed.

W. J. Rinke, PhD, RD, CSP

Updated **manual** (238 pages) with a brand new chapter on how to deliver high impact **virtual** presentations plus an expanded chapter on how to become a professional speaker. Learn speaking *secrets* from a top earning Certified Speaking Professional (CSP) which will take your presentation effectiveness to the next level. CPEUs are just icing on the cake.

Share with a friend and Save! Additional Reporting Form \$50.00
Approved by CDR/AND/ADA, ANFP/DMA

RDs & DTRs: Suggested Learning Need Codes for the Prof. Dev. Portfolio

1000, 1070, 1090, 1130, 6000, 6020, 6060, 6070, 6080, 7040

"It was the best self-study I have ever done. I had a presentation on Wednesday and I used all of your tools and I wasn't nervous once I got there. Thanks for such a great program. I'll keep referring to it for every presentation."

Christina McCormack

C188 28 CPEUs **REDUCED** ~~-\$134.95~~ \$119.95

Winning Management: 6 Fail-Safe Strategies for Building High-Performance Organizations, 2nd Ed.

W. J. Rinke, PhD, RD Hardcover **book** (270 pgs) and **study guide** (52 pgs). This practical business book teaches you six fail-safe strategies that will transform your management style and help you build a high-performance organization and team.

Share with a friend and Save! Additional Reporting Form \$50.00
Approved by CDR/AND/ADA, ANFP/DMA, SNA

RDs & DTRs: Suggested Learning Need Codes for the Prof. Dev. Portfolio

1000, 1070, 1110, 1130, 7000, 7020, 7050, 7090, 7160, 7180, 7190, 7200

MANAGEMENT & PROFESSIONAL DEVELOPMENT

*Save time and money with electronic (pdf) courses marked with *.

Go to www.easyCPEcredits.com to learn more.

C178* **28 CPEUs** **\$169.95**

Beat the Blues: How to Manage Stress and Balance Your Life

W. J. Rinke, PhD, RD, CSP

This entertaining **manual** (233 pgs) is, according to one reviewer, "the best Dr. Rinke has ever written." It provides proven easy-to-apply action strategies to help you live a happier, healthier and more productive life. **Share** with a friend and **Save!** Additional Reporting Form \$50.00

Approved by CDR/AND/ADA, ANFP/DMA

RDs & DTRs: Suggested Learning Need Codes for the Prof. Dev. Portfolio

1000, 1110, 1120, 4000, 4040, 4060, 4090, 6000, 6010, 7000, 7020

C210* **10 CPEUs** **\$74.95**

Manage Electronic and Traditional Meetings and Correspondence More Effectively W. J. Rinke, PhD, RD, CSP

According to one reviewer this **manual** "is an easy and engaging read [that provides] broad coverage of both traditional and virtual meetings as well as in-depth coverage of email communication. Overall, this is a great reference for anyone who conducts meetings or writes emails." **Share** with a friend and **Save!** Additional Reporting Form \$30.00

Approved by CDR/AND/ADA, ANFP/DMA

RDs & DTRs: Suggested Learning Need Codes for the Prof. Dev. Portfolio

1000, 1100, 1120, 1130, 7000

"Very interesting and insightful. I could not put it down. This course was fun and enjoyable to complete."

Sheila Wooden

"This is definitely just what I needed at this time in my life, both personally and professionally. Definitely a re-read!"

Thank you."

Mary Lynn Powers

C209* **15 CPEUs** **\$119.95**

Delegation and Coaching: High Impact Strategies for Doing More With Less W. J. Rinke, PhD, RD, CSP

This cutting edge **manual** (148 pages) will enable you to give your power away without losing control, eliminate dysfunctional conflict behaviors and deal more effectively with "difficult" people, plus much, much more. **Share** with a friend and **Save!** Additional Reporting Form \$30.00

Approved by CDR/AND/ADA, ANFP/DMA

RDs & DTRs: Suggested Learning Need Codes for the Prof. Dev. Portfolio

1000, 1070, 7000, 7090, 7150, 7190, 7200

SUPER BARGAIN! SAVE \$24.95!

S213 32 CPEUs \$164.95

Includes C213 and C199

C213 20 CPEUs \$119.95

Don't Oil the Squeaky Wheel, and 19 Other Contrarian Ways to Improve Your Leadership Effectiveness, 2nd Ed.

W. J. Rinke, PhD, RD, CSP

Powerful **book** (176 pgs) and **study guide** (61 pgs) distills a lifetime of management experience into easy-to-digest lessons to help you become a more effective leader and have an immediate payoff on the bottom line. **Share** with a friend and **Save!** Additional Reporting Form \$50.00

Approved by CDR/AND/ADA, ANFP/DMA, SNA

RDs & DTRs: Suggested Learning Need Codes for the Prof. Dev. Portfolio

1000, 1050, 1070, 1110, 1120, 1130, 6000, 6070, 6080, 7000, 7020, 7040, 7050, 7090, 7150, 7190, 7200

"The book was a pleasure to read and full of useful information. I looked forward to reading each chapter and laughed a lot. It is not often that I've found a self-directed course to be so enjoyable!"

Michelle Parker, RD

C199 12 CPEUs \$99.95

Winning Management: 6 Fail-Safe Strategies for Building High-Performance Organizations, 2nd Ed.

W. J. Rinke, PhD, RD, CSP

Six **audio-CD** album and **study guide** (52 pgs). Over 5 hours of hard hitting advice to help you achieve dramatic improvements in performance, productivity, and profitability. **Share** with a friend and **Save!** Additional Reporting Form \$30.00

Approved by CDR/AND/ADA, ANFP/DMA SNA

RDs & DTRs: Suggested Learning Need Codes for the Prof. Dev. Portfolio

1000, 1070, 1110, 1130, 7000, 7020, 7050, 7090, 7160, 7180, 7190, 7200

C187* **30 CPEUs REDUCED** ~~-\$179.95~~ **\$159.95**

How to Maximize Professional Potential & Increase Your Earning Power in Nutrition & Dietetics, 3rd Ed.

W. J. Rinke, PhD, RD, CSP

This entertaining **manual** (328 pgs), based on the best selling book *Make It a Winning Life*, will enable you to make more money, get promoted *faster* and achieve consistent success in all aspect of your life. **Share** with a friend and **Save!** Additional Reporting Form \$50.00

Approved by CDR/AND/ADA, ANFP/DMA, SNA

RDs & DTRs: Suggested Learning Need Codes for the Prof. Dev. Portfolio

1000, 1010, 1070, 1110, 1120, 1130, 6000, 6010, 6020, 6030, 6060, 6070, 6080, 7000, 7010, 7020, 7070, 7150

C222* **NEW EDITION 10 CPEUs \$74.95**

HACCP and BEYOND: Sanitation Manual, 6th Ed.

N. J. Gasser, MS, RD, CD

Can you afford even one food borne illness outbreak? Not sure whether you are in compliance with the new HACCP guidelines? This comprehensive sanitation **manual** (194 pgs) includes time temperature control charts, HACCP plans, sanitation and orientation checklists, reproducible training aids, food storage charts and much more! **Share** with a friend and **Save!** Additional Reporting Form \$30.00

Approved by CDR/AND/ADA, ANFP/DMA

RDs & DTRs: Suggested Learning Need Codes for the Prof. Dev. Portfolio

6000, 6080, 7000, 7100, 7160, 7190, 8000, 8020, 8040, 8050, 8060, 8070, 8080, 8100

C198* **5 CPEUs \$44.95**

Time Management: How to Stretch the Time Rubber Band, 3rd Ed. W. J. Rinke, PhD, RD, CSP

This completely revised **manual** (50 pgs) will help you make the most of every 24 hours by using an easy-to-use four-step process. **Share** with a friend and **Save!** Additional Reporting Form \$30.00

Approved by CDR/AND/ADA, ANFP/DMA

RDs & DTRs: Suggested Learning Need Codes for the Prof. Dev. Portfolio

1000, 1120, 7000

Order on-line and SAVE at www.easyCPEcredits.com

Discount Coupon on page 3

or mail or fax the order form to 410-531-9282
or call 1-800-828-9653 or 1-410-531-9280



WOLF RINKE ASSOCIATES, INC.

13621 Gilbride Lane
Clarksville, MD 21029 USA

New CPE Catalog

January 2012

Budget Saver Special! SAVE up to 16%!

\$\$\$ Coupon on page 3 + **FREE shipping** on orders over \$200 (USA only)

<p>CPE Accredited Provider</p> <p>Commission on Dietetic Registration</p> <p><small>the credentialing agency for the Academy of Nutrition and Dietetics</small></p> 	<p>Since 1990 Pre-Approved CPE self-study courses</p> <p><i>Nutrition</i> <i>Management</i> <i>Professional Development</i></p>
---	--

WOLF RINKE ASSOCIATES, INC.

Since 1990

Your One-Stop Source for Pre-Approved Continuing Professional Education

Order from us . . . we make your life easy!

Orders shipped next business day at no additional cost

SAVE time and money with electronic courses.
Go to www.easyCPEcredits.com to learn more.

Easy CPE Credits

The **fast and easy** way to get your Continuing Professional Education Units (CPEUs) or Clock Hours. More on page 7.

Share with a friend & **Save!**

See page 7 for details.

Budget Saver Special! SAVE up to 16%!

\$\$\$ Coupon on page 3 + **FREE shipping** on orders over \$200 (USA only)



Easy to Earn • Easy to Learn • Inexpensive • FUN