**COVID-19 Virtual Seminar Series**

**Physical Activity, Healthy Eating, and Good Sleep Hygiene During COVID-19: Strategies for Patients and Providers**

**Friday, May 22, 2020**

**3:30-4:30pm**

**via Zoom (info below)**

***Featuring Presenter******s***

**Jessica Unick, PhD**

*Assistant Professor (Research), DPHB*

*Weight Control & Diabetes Research Center, TMH*

**E. Whitney Evans, PhD**

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**Zoom Webcast Instructions:**

1. Join the Zoom Meeting: [**https://brown.zoom.us/meeting/register/tJcoc-urpzgoGtKMjv7BG0dysS4sU3DzUSb5**](https://brown.zoom.us/meeting/register/tJcoc-urpzgoGtKMjv7BG0dysS4sU3DzUSb5)
2. Use your computer audio or dial into: 1-877-369-0926
3. Enter Meeting ID: 935 4239 3206
4. Meeting Password: 716758

You will be muted upon entry into the webcast.

* A quick tutorial on the user interface will be given at the beginning of the live webcast.
* For additional details on how to access the live webcast, please go to: https://support.zoom.us/hc/en-us/articles/201362193-Joining-a-Meeting

**Educational Objectives:** At the conclusion of this presentation, participants should be better able to: 1) Demonstrate practical strategies for promoting physical activity and reducing sedentary time in the home-environment during the COVID-19 pandemic; 2) Demonstrate knowledge of evidence-based nutrition practices that support a healthy diet for patients and healthcare providers during COVID-19; and 3) Apply evidence-based sleep hygiene strategies to enhance patient and healthcare provider self-care during COVID-19.

**Planning Committee:**Elizabeth McQuaid, PhD, Professor of Psychiatry and Human Behavior

Maria Sullivan, Director of Brown Office of CME

Jennifer Maloney, CME Coordinator, Brown Office of CME

**Accreditation:** The Warren Alpert Medical School of Brown University is accredited by the ACCME to provide continuing medical education for physicians.

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Physicians: The Warren Alpert Medical School of Brown University designates this live activity with a maximum of 1 *AMA PRA Category 1 Credit™.* Physicians should claim only the credit commensurate with the extent of their participation in this activity.
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**How to Claim Credit:** Please visit: ***https://cme-learning.brown.edu/DPHB-COVID*** and register for the webinar. Note that you may be prompted to login or create an account (if you do not already have one) in the Brown CME learning management system. You will then click "Take Course" to complete the session evaluation, claim credit and obtain your certificate.