

# WEBINAR

## Professional Development

### EVENT LOCATION

<https://militaryfamilieslearningnetwork.org/event/22090/>

### HOW TO JOIN

To join the webinar use the 'Event Location' link above and follow all directions within this site. The webinar is hosted by the All Partners Access Network (APAN), but will also be available through YouTube Live. By using APAN attendees will be able to participate with the presenter and other audience members. For a broadcast only webinar, participants have the option of connecting via YouTube Live.

### CE CREDIT & CERTIFICATES OF COMPLETION

The MFLN Nutrition and Wellness Team will apply for 1.0 CPEU for Registered Dietitians.

### PRESENTER

Roman Pawlak, Ph.D., RD  
Associate Professor  
Department of Nutrition Science  
East Carolina University

Dr. Pawlak is an author of several books and has lectured internationally about diet and nutrition.

## REGISTER TODAY!.....



## OCTOBER 31, 2018 | 11<sup>AM</sup> Eastern

### Clinical Insight into Vitamin B12

In this webinar we invite you to learn more about vitamin B12 deficiency, assessment methods, and the role of B12 in the prevention and treatment of certain health conditions.

#### Learning Objectives:

1. List populations and groups at risk of vitamin B12 deficiency/inadequate vitamin B12 status?
2. Understand what constitutes adequate vitamin B12 intake
3. Distinguish between reliability of different vitamin B12 assessment methods
  - What constitutes adequate vitamin B12 status?
  - Indirect indicators of vitamin B12 deficiency
4. Assess the role of vitamin B12 in prevention and treatment of selected health conditions
  - CVD
  - Osteoporosis/Bone fractures
  - Brain Atrophy
  - B12 and EPA & DHA
5. Evaluate the efficacy of different vitamin B12 deficiency treatment options.



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Military Families Learning Network

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