

**Weeding, Seeding & Feeding our Microbiome: Where do we Start?**

Friday, February 25, 2022, 12:00 PM to 1:15 PM, Webinar

*Presented by:*

Robert Penn, MD, Medical Director of Healthcare Epidemiology

Robert Luby, MD, Director of Medical Education Initiative with Institute of Functional Medicine

*This activity is being jointly provided by Nebraska Methodist College Division of Professional Development and The Institute for Functional Medicine*

**PURPOSE STATEMENT AND AGENDA**

The microbiome plays a crucial role in optimal daily operation of the human body. This program will focus on toxins that affect our microbiome, what we can do in order to build our immunity and practical tips for healthcare providers.

Program Objectives:

- Identify toxins that affect the microbiome
- Discuss lifestyle behaviors to build immunity
- List practical tips for healthcare providers, and individuals to positively impact their microbiome

Time	Agenda
11:45am-12pm	Log in
12pm-12:45pm	Weeding, Seeding & Feeding our Microbiome: Where do we Start? With Dr. Robert Penn
12:45- 1:15pm	Live Q and A with Dr. Penn and Dr. Luby from Institute of Functional Medicine

## CONTINUING EDUCATION REMINDERS

- To access the handouts:
  - follow this link: <https://bit.ly/3sDoIJP> or
  - scan this QR code:



- In order to receive continuing education hours for this event, you must attend the entire activity, and you must complete a program evaluation.
- The evaluation will be emailed to you. The evaluation must be completed within 7 business days after the program date or you will receive an incomplete. Credit cannot be awarded once the program is closed in 30 days.
- A link to access your certificate will be automatically generated and emailed to you within 24 hours of completing all requirements. Or, you can go to our website: [www.methodistcollege.edu/pd](http://www.methodistcollege.edu/pd), click "Account Login" on the top right side of the page, log in to your account, and click "Certificates."

## 2022 UPCOMING PROGRAMS

- 3/10: Management Boot Camp
- 3/17: Conflict Management Boot Camp
- 3/22: Change Management
- 3/23: Veterans: Treading Through Trauma
- 3/29: Oncologic Emergencies: Neutropenic Fever
- 3/31: Hysterectomy 101
- 4/8: Third Annual Dan Lydiatt Symposium on Value Based Care: HPV-Related Oropharyngeal Cancer: Contemporary Care and Emerging Science
- 4/20: Legal Aid: A Discussion of Immigration, Documentation, and the Impact with Healthcare
- 5/10: Personality Styles at Work
- 5/27: Weeding, Seeding & Feeding our Microbiome: Creating a Bountiful Harvest

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<https://web.methodistcollege.edu/professional-development>



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**Successful Completion Requirements:** In order to obtain contact hours or continuing education credit for this educational activity, participants are required to complete stated requirements:

- Attendance at the entire activity
- Completion/submission of evaluation form within 30 days of the program

**Presence/Absence of Conflict of Interest:** No conflicts of interest were identified by planners or presenters.

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**Joint Providers (if applicable):** This program does not have joint providers.

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