



National Religious
Retirement Office



AVILA INSTITUTE
of GERONTOLOGY, Inc.
Education for Compassionate Care

*Join us for a FREE informative webinar.**

Nourishing Body and Soul: Exercise and Nutrition for Religious Communities



DATE / TIME

**Tuesday,
February 13, 2024**
1:00 – 2:00 p.m. ET



REGISTRATION

This webinar is designed for individual members and leadership of Congregations as well as their healthcare providers.

FREE for Congregational Members*

** This webinar is cosponsored by NRRO and is free to all members of a Congregation. Please see registration instructions for details.*

To Register Online

[Go to www.avilainstitute.org](http://www.avilainstitute.org)
[to register for this webinar.](#)

Registration Directions

Registration directions are included on pages 2-4 of this flyer. For additional assistance, please contact support@avilainstitute.org.



VIDEO ARCHIVES

Past NRRO webinars are archived and available for FREE.

[Click here to access](#)

Maintaining physical and mental well-being is an essential part of a fulfilling life, especially for aging members of religious communities. This webinar will address how to make informed food choices that support energy levels, cognitive function, and overall health. Participants will also learn about incorporating simple yet effective exercises into their daily routines to maintain strength, flexibility, and balance. The presentation will explore the spiritual dimension of well-being, recognizing the connection between physical health and inner peace.



**Meet the Presenter:
Helen Battisti, PhD, RDN,
CDN**

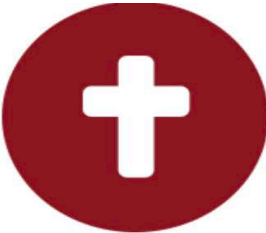
Helen Battisti is a Health Promotion Specialist, Registered Dietitian Nutritionist, and a former Assistant Professor and Director of the Coordinated Program in Nutrition and

Dietetics in the department of Nutrition and Dietetics at Marywood University, Scranton, Pennsylvania. She maintains a practice at Endwell Family Physicians in Endwell, New York, as a Registered Dietitian. Her areas of research include both childhood and geriatric health.



STEPS FOR WEBINAR REGISTRATION

1. To register, click this link: <https://avila.elevate.commpartners.com/nrro-webinars>
You will see the current title for the upcoming NRRO cosponsored webinar listed.
2. Click the green "Register" button.



1-2

NRRO Webinars

Since 2011, The National Religious Retirement Office (NRRO) and the Avila Institute of Gerontology (AIG) have been collaborating to offer webinars to Religious Communities. The webinar topics are chosen by NRRO and AIG, and reflect the expressed needs and interests of Religious Communities. The co-hosted webinars do not offer continuing education credit hours.

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Nourishing Body and Soul: Exercise and Nutrition for Religious Communities

 Includes a Live Web Event on 02/13/2024 at 1:00 PM (EST)

Overview

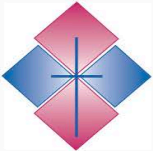
Speaker

Flyer

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Register (\$59)

More Information





3. A pop-up for Registration Options will appear. Click on the blue "Complete Registration Now" button.
4. If you are not already logged in, you will see two options on top to either "Log In" (Step 5) or "Create Account" (Step 6). You need to pick one to continue registration.

3

Registration Options:

Cancel Add to Cart and Complete Registration Later

Complete Registration Now

4

You must **Log In** or **Create Account** to register.

Your cart

Product	Actions	Original price	Final price
Nourishing Body and Soul: Exercise and Nutrition for Religious Communities	Remove	\$59	\$59
Discount Code:	<input type="text" value="Discount Code"/> Apply Discount (Leave blank if you don't have a discount code.)		
Total:		\$59	\$59

5. If you have an existing account and chose "Log In," you will be prompted to type in your email and password. Press the blue "Submit" button. Proceed to Step 7.

Need to Create an Account?
Skip to Step 6.

5

You must **Log In** or **Create Account** to register.

Log In

Email:

Password:

Forgot your password?

Submit



6. If you chose "Create Account" you will be prompted to fill out a form. Fill in the fields (not all fields are shown) and select a professional license option. Press the blue "Submit" button. You now have an account with the AIG Learning Center and will continue the registration process.

7. Now that you have logged in or created an account, you will be able to finish registering for the webinar. This webinar is cosponsored by NRRO and is free to all members of a Congregation and their staff. Please enter the Discount Code "NRRO" and press the green "Apply Discount" button. You will see the discount applied. Click the green "Complete Registration" button.

6 Create Account

Email *

Password *

First Name *

Last Name *

Title

(Additional Fields not pictured)

Which professional license do you hold? *

- ☐ Nursing Home Administrator *
- ☐ Nursing *
- ☐ Social Worker *
- ☐ Registered Dietitian *
- ☐ Recreational Therapist *
- ☐ Chaplaincy *
- ☐ Other *
- ☐ None *

If you chose "Other", please specify

Submit

7 Your cart

Your registrations are NOT complete until you click "Complete Registration" below.

Product	Registrant	Original price	Discounts	Final price
Nourishing Body and Soul: Exercise and Nutrition for Religious Communities	Avila Learning Remove	\$59	\$59 - promo	\$0
Discount Code: <input type="text" value="NRRO"/>	Apply Discount (Leave blank if you don't have a discount code.)			
Total:		\$59	\$59 - promo	\$0

You are registering for the products above as:
Avila Learning (AIGLearning@avilainstitute.org).

If you wish to register as someone else, **Log Out** and log in with that person's account.

If you wish to edit your information, please **Edit Your Profile**

Additional Info for «Nourishing Body and Soul: Exercise and Nutrition for Religious Communities»

Can we add you to our email list? You will receive announcements on new educational offerings, resources, and discounts right to your inbox.

☐ Yes
☐ No

Complete Registration

8 Registration Complete

Registered at 2024-01-24 08:46:23 **Printable Receipt**

Product	Registrant	Original price	Discounts	Final price
Nourishing Body and Soul: Exercise and Nutrition for Religious Communities View product	Avila Learning	\$59	\$59 - promo	\$0
Total:		\$59	\$59 - promo	\$0

8. You will now see a confirmation screen. To get access to the product, click the green "View product" button.

Enjoy the Webinar!