



Wednesday, October 15, 2025 from 5:30 pm – 8:30 pm Central
Wednesday, October 22, 2025 from 5:30 pm – 8:30 pm Central
Wednesday, October 29, 2025 from 5:30 pm – 8:30 pm Central

Live Meeting



MEDICAL SCHOOL | UNIVERSITY OF MINNESOTA

Provided by

- The Earl E. Bakken Center for Spirituality & Healing
- University of Minnesota Medical School, Interprofessional Continuing Education



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Learning Objectives

At the conclusion of this course, learners should be able to:

- Describe the role food plays in health, disease prevention, self-care, and wellbeing and use hands-on cooking skills to apply this knowledge..
- Utilize basic concepts of food-based nutrition and food-systems awareness in patient care and population health practices.
- Demonstrate confidence in implementing food-related self-care practices and mindfulness to support provider well-being.



Accreditation Information

Accreditation

In support of improving patient care, University of Minnesota, Interprofessional Continuing Education is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC) to provide continuing education for the healthcare team.



Credit Designation Statements

American Medical Association (AMA)

The University of Minnesota, Interprofessional Continuing Education designates this live activity for a maximum of 8.5 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

American Nurses Credentialing Center (ANCC)

This activity is awarded up to 8.5 ANCC contact hours.

National Board for Health & Wellness Coaching (NBHWC)

This course is approved by the [National Board for Health & Wellness Coaching](#) for 8.5 continuing education units (CEA-000171-1).

Questions regarding NBHWC CEUs should be directed to the Bakken Center, mindprg@umn.edu. OCPD is not the provider of the NBHWC credit offered for this course.

MN Board of Dietetics and Nutrition Practice

This course has been approved for up to 8.5 CEUs by the MN Board of Dietetics and Nutrition Practice.

Other Healthcare Professionals

Other healthcare professionals who participate in this CE activity may submit their statement of participation to their appropriate accrediting organizations or state boards for consideration of credit. The participant is responsible for determining whether this activity meets the requirements for acceptable continuing education.



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HOW DO YOU GET CREDIT?

YOUR ATTENDANCE WILL BE REPORTED TO UMN OCPD BY THE PLANNING TEAM

The Planning Team is using a check-in process to monitor who has participated in the course. They will provide the University of Minnesota's Office of Continuing Professional Development with an attendance report.







At the conclusion of the last session of this three-part course, you will have access to the online evaluation in your CE Portal account. Once you complete that form, you will receive your Certificate of Participation by email. You will also have access to your Certificate in your CE Portal account. **The evaluation is available October 29, 2025-November 12, 2025.**

You must submit the evaluation to obtain your Certificate of Attendance and any available CE credits.



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Disclosure Information

Member Information		Role in activity	Nature of Relationship(s) / Name of Ineligible Company(s)
	Jenny E Breen, MPH  Chef/MPH/M Ed The Redleaf Center for Family Wellbeing at Hennepin Healthcare	Co-Director, Faculty	Nothing to disclose
	Katherine G Shafto, MD, Associate Professor  Hennepin Healthcare/UMN	Co-Director, Faculty	Nothing to disclose
	Mary Jo Kreitzer, RN, PhD, FAAN  University of Minnesota	Nurse Planner	Nothing to disclose



Acknowledgement of Support

No educational/in-kind grants or exhibit funds have been received for this activity.



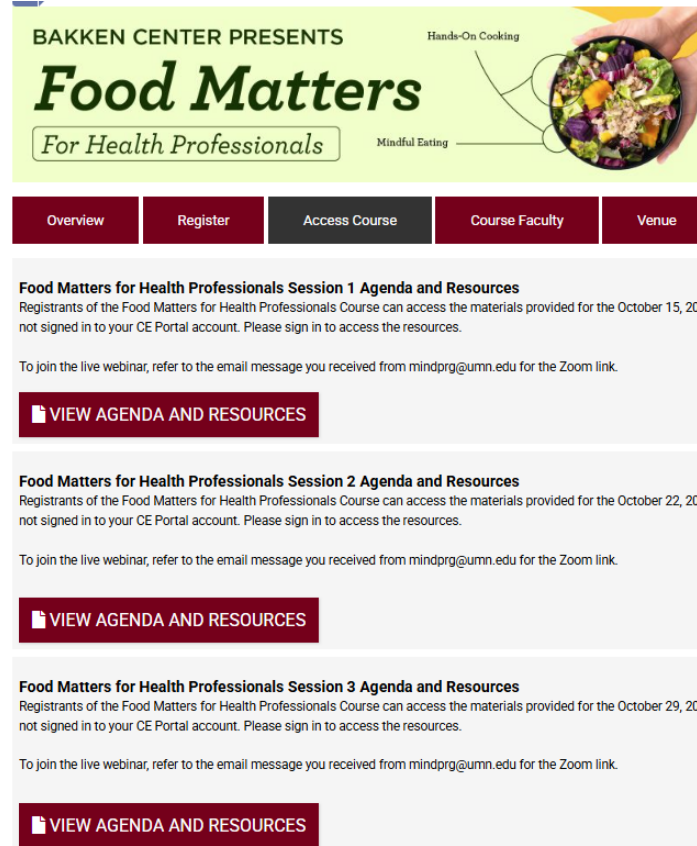
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Access Course Resources

Access the resources and materials provided by course faculty in CE Portal:

1. Go to the course page:
z.umn.edu/FoodMattersforHealthProfessionals
2. Click on the tab labeled “Access Course”

Note you must be signed in to the CE Portal account you created at the time of registration in order to view the resources. If you need assistance signing into CE Portal, contact cme@umn.edu.



The screenshot shows the course page for "Food Matters for Health Professionals" presented by the Bakken Center. The header features the title "Food Matters" in a large, bold, green font, with "For Health Professionals" in a smaller font below it. To the right, there is an image of a hand holding a bowl of colorful salad, with labels "Hands-On Cooking" and "Mindful Eating" pointing to it. Below the header is a navigation bar with five tabs: "Overview", "Register", "Access Course", "Course Faculty", and "Venue". The "Access Course" tab is highlighted. Below the navigation bar, the page is divided into three sections, each for a different session. Each section has a title, a paragraph of text, and a "VIEW AGENDA AND RESOURCES" button. The sessions are for October 15, 2025, October 22, 2025, and October 29, 2025. Each session also includes a note about signing in to the CE Portal account and a link to the Zoom link.

BAKKEN CENTER PRESENTS

Food Matters

For Health Professionals

Hands-On Cooking

Mindful Eating

Overview Register Access Course Course Faculty Venue

Food Matters for Health Professionals Session 1 Agenda and Resources

Registrants of the Food Matters for Health Professionals Course can access the materials provided for the October 15, 2025 session here. If you see the Register button below but have registered for the course, you are not signed in to your CE Portal account. Please sign in to access the resources.

To join the live webinar, refer to the email message you received from mindprg@umn.edu for the Zoom link.

VIEW AGENDA AND RESOURCES

Food Matters for Health Professionals Session 2 Agenda and Resources

Registrants of the Food Matters for Health Professionals Course can access the materials provided for the October 22, 2025 session here. If you see the Register button below but have registered for the course, you are not signed in to your CE Portal account. Please sign in to access the resources.

To join the live webinar, refer to the email message you received from mindprg@umn.edu for the Zoom link.

VIEW AGENDA AND RESOURCES

Food Matters for Health Professionals Session 3 Agenda and Resources

Registrants of the Food Matters for Health Professionals Course can access the materials provided for the October 29, 2025 session here. If you see the Register button below but have registered for the course, you are not signed in to your CE Portal account. Please sign in to access the resources.

To join the live webinar, refer to the email message you received from mindprg@umn.edu for the Zoom link.

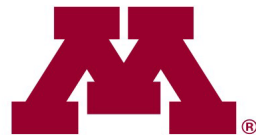
VIEW AGENDA AND RESOURCES



Questions?

We're happy to help.

- Email cme@umn.edu if you have credit related questions or need assistance with the CE Portal.
- Email mindprg@umn.edu if you have questions about the content and/or faculty.



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