

Benedictine University is hosting a webinar on Saturday, April 30, at 9:00 a.m., CST, providing 3 CEUs for registered dietitian nutritionists.

## GI Health and Immunity: Implications for Nutrition Professionals

This live webinar will begin by exploring the physiology and pathophysiological aspects related to the gut microbiome, with a focus on the role of the immune system and inflammatory responses. Evidence-based relationships between these physiological responses and nutritional and lifestyle approaches will be examined, with focus on the Mediterranean Diet pattern, prebiotics and probiotics, and meditation. CPE LEVEL: 2,3 | CPE Hours Submitted: 3.0

### JOIN US:

**Saturday, April 30, 2022**

**Time: 9:00 a.m. – 12:15 p.m. CST**

**Location: Webcast (Zoom)**

**Register** and pay securely at: [click here](https://securelb.imodules.com/s/1693/index2.aspx?sid=1693&gid=1&pgid=2185&cid=3450) or copy and paste the following link in your browser:

<https://securelb.imodules.com/s/1693/index2.aspx?sid=1693&gid=1&pgid=2185&cid=3450>

All proceeds will go towards Benedictine University Nutrition and Dietetics Scholarship Fund. Following your registration for the event, you will receive an email during the week prior to the event with details. CPE Certificates will be emailed following the event. If any questions, please contact us at [nutrition@ben.edu](mailto:nutrition@ben.edu).

### Learning Objectives:

1. Discuss the physiology of the human gut microbiome, and its role in human health.
2. Describe relationships between immunity and meditation/relaxation, and applications in practice.
3. Describe relationships between Mediterranean Diet Pattern and reduction in inflammatory biomarkers.
4. Differentiate between probiotics, prebiotics, postbiotics and synbiotics, and explore their impact on immunity.

### Speakers:



Jayashree Sarathy, PhD  
Associate Professor,  
Physiology and  
Pathophysiology,  
Benedictine University



Tiara Perez Morales, PhD  
Assistant Professor,  
Microbiology and  
Immunology,  
Benedictine University



Kate Merkle, LCSW,  
MPH, RDN, LDN  
Certified Daring Way  
Facilitator, Therapist,  
and Psychodramatist at  
Nourishment Works



Bonnie Beezhold,  
PhD, MHS, MCHES  
Associate Professor,  
Nutrition and  
Health Education,  
Benedictine University



Laurie Schubert, PhD  
RDN, LDN, CSSD  
Sports Dietitian and  
Health Coach in  
private practice at  
Nutrition HeartBeat

**Moderators:** Paula Sochacki, EdD, MPH, RDN, LDN and Catherine Arnold, EdD, MS, RDN, LDN

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