

MentorCONNECT Teleconference Series

**Call-In Instructions for “Surviving & Thriving During the Holidays” with Jessica Setnick
November 4th, 2009**

Dear Teleconference Participant:

We are excited to welcome you to this month’s *MentorCONNECT* Teleconference Series on Wednesday, November 4th.

This month we are honored to host internationally-recognized dietitian and eating disorders survivor **Jessica Setnick, MS, RD, CSSD**, as she shares invaluable tips for navigating the sometimes tricky, often stressful, and always food-filled holiday season. Jessica’s warm and down-to-earth approach opens the door to experiencing this holiday season as a gift-wrapped opportunity to make healthy, life-affirming choices. Jessica will guide us in how to nourish our bodies, minds, and spirits throughout the holiday season and all the way into the New Year!

Here are the details for the call:

Date: Wednesday, November 4th, 2009

Time: 8:00–9:15pm Central Time

(Not sure what time that is for you? Go here and find out:

<http://www.timeanddate.com/worldclock/converter.html>)

Call-in Number: (712) 432-0075

Participant Access Code: 664988

Preparation: As a courtesy to our presenter and other participants, please review participation guidelines (NOTE: we are recording this for your continued use and the quality of our recording depends on each participant following these instructions):

- Select a QUIET location from which to attend the teleconference
- SILENCE any and all background noise prior to calling in
- Mute your phone BEFORE dialing the call-in number to minimize distracting beeps
- DISABLE call waiting on your phone system
- Plan to enter and exit the teleconference silently
- If you must come late or leave early, do not disturb other participants
- WAIT for the host and/or presenter to invite questions or comments before speaking
- Be sure to dial in a few minutes EARLY so we can start right on time!

Playback: A permanent podcast version of this presentation will be posted on the MentorCONNECT Teleconference Archive site. Please bookmark the podcast link for easy reference: www.mentorconnect.podbean.com

FREE GIFT: As a part of your participation in this teleconference, you will receive a complimentary subscription to *Good News for Eating Disorders Recovery*, our monthly news & events e-newsletter. Your information will be kept strictly confidential, and you are always welcome to unsubscribe at any time.

Technical support: If you have any concerns about dialing in, we encourage you to review the instructions in this email prior to the teleconference as we will be unable to offer individualized technical support

Inviting Others to Attend: We encourage you to share this information with others who may wish to attend.

Warmly,

Shannon Cutts

Founder/Director of [MentorCONNECT: Where Relationships Replace Eating Disorders](http://www.mentorconnect.com)