

## Transcript for: Florence Mason

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**Credits Toward a Nutrition Certificate**

*Earning a Nutrition Certificate requires the successful completion of 10 credits, distributed as follows: Required Courses - 4 credits; Elective Courses - 3 credits; Intensive Courses – 3 credits*

**Required Course Credits**

| <u>Course Title</u>                                   | <u>Credits Earned</u> | <u>Date</u> |
|-------------------------------------------------------|-----------------------|-------------|
| Food Safety and Sanitation: From Preparation to Table | 1                     | 8/31/10     |

*Required Credits Earned: 1*

*Required Credits Still Needed to Earn a Certificate: 3*

**Elective Course Credits**

| <u>Course Title</u>                                             | <u>Credits Earned</u> | <u>Date</u> |
|-----------------------------------------------------------------|-----------------------|-------------|
| Health Literacy on Wheels: MOW Volunteers Deliver Health Skills | 1                     | 8/31/10     |
| Designing Meal Delivery Systems                                 | 1                     | 9/1/10      |
| Wellness Interventions for Older Adults at Senior Centers       | 1                     | 9/2/10      |

*Elective Credits Earned: 3*

*Elective Credits Still Needed to Earn a Certificate: 0*

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*The Certificate curriculum consists of a combination of Required Courses, Elective Courses and Intensive Workshops in five professional communities: leadership, development, communications, volunteer management and nutrition. You can attend courses and earn a Certificate in multiple Sections.*

*In certain cases credits from an Intensive Workshop may be applied to meet the Elective credit requirement. Please see the full Center FAQs and Certificate Requirements, which are available on the MOWAA website: [www.mowaa.org/center](http://www.mowaa.org/center).*