



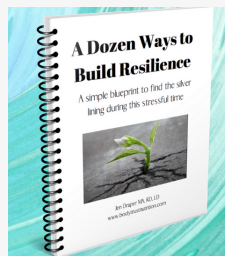
# RD NETWORK

Online community with Professional Resources for Dietitians, Business Education, Networking, Job Boards, and more.

## BUILDING RESILIENCE

BY MELISSA SMITH

We're highlighting a **FREE** ebook called **Dozens of Ways to Build Resistance** by Laurie LaCoursiere. You can download it now at [rd2rd.com](http://rd2rd.com)



The workbook includes 12 topics that cover: mindfulness, immune system support, feeling emotions, rest, play, enjoying food, finishing old projects, quality time with loved ones, healthy movement, music, spring cleaning, and hope for the future.

## MINDFULNESS KITS

BY MELISSA SMITH



### Supervision Essentials

Everything you wanted - and needed - to know about professional supervision for Dietitians



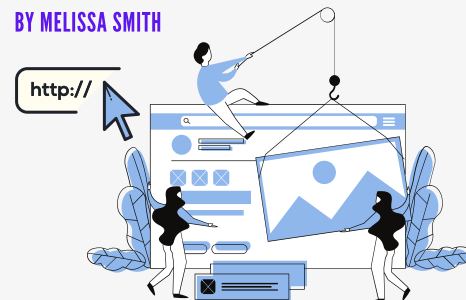
### Mindfulness for Dietitians - what, why & how?

Supercharge your practice & connect with your clients

Mindfulness and Mindful Eating are blowing up in the wellness space. Australian Dietitian Fiona Sutherland is an amazing dietitian who offers a ton of resources for dietitians who want to implement mindfulness into their practice. Check out her [two free online courses here](#) and her podcast.

## NEED A WEBSITE?

BY MELISSA SMITH



Are you starting a new business venture and need a website? Maybe you want to make a digital portfolio or start a blog.

Whatever your website needs are- building a site can be hard, expensive, and confusing. That's why we are sharing a super cool resource!

Sign up for Erica Julson's [FREE Start a Website Tutorial](#).

Learn how to create a beautiful self-hosted WordPress website on your own time.

The tutorial is being created week-to-week beginning in April 2020. New lessons will be released as they are completed.

Once you're enrolled, you'll get emails every time new content is available.



Podcast Lover? Check out our favorite Dietitian/Nutrition Podcasts! [Podcast Round up here.](#)





## INGREDIENT OF THE MONTH

BY KATIE NUNEMAKER

### Galia Melon

The Galia Melon This hybrid of cantaloupe and honeydew melons was developed in the 1970s in Israel, and it offers a sweet, juicy interior full of vitamins and minerals.

How to shop:  
Look for a melon that's heavy for its size, firm, and sweet-smelling from the exterior.

How to store:  
Once the melon is ripe, store in the refrigerator for 1-3 days.

How to cook:  
Prepare the melon as you usually would prepare a honeydew or cantaloupe and add to smoothies, fruit salads, or enjoy on its own.

#### Recipe: Galia Melon Salad

##### Ingredients:

1 melon (cut into 1-inch chunks), 2 kiwis (cut into small pieces), 1 serrano pepper (cut into small slices), Basil leaves, Soft goat cheese, Fresh lemon juice, Olive oil.

##### Instructions:

Place the melon, kiwis, and pepper into a bowl. Top with pepper, basil, goat cheese crumbles, lemon juice, and a small drizzle of olive oil.