



AMERICAN NURSES
CREDENTIALING CENTER

May 13, 2026

Metabolism and Midlife

Midi Continuing Education

This document certifies that Jessica Mefford has successfully completed the training titled "Mastering the Middle: Metabolism in Midlife| May 13th, 2026".

This activity was developed by Integrative Women's Care, PC (IWC), an ANCC-accredited provider unit, to address identified professional practice gaps in women's health and clinical practice. Educational content was designed in accordance with ANCC accreditation criteria to close gaps in knowledge, skills, and/or practice and to support improvements in evidence-based, patient-centered care.

It is only valid for a period of 12 month(s) from the delivery date.

Reference Number: 4741792746987208

Accreditation statement as issued by the ANCC:

Integrative Women's Care, PC is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation.

Criteria for awarding contact hours:

The number of contact hours awarded for this activity is **1 hour**. Credit is awarded based on attendance for at least 50 minutes of the activity.