



Canadian School of Natural Nutrition
TEACHING THE MEDICINE OF THE FUTURE™

NATURAL NUTRITION DIPLOMA PROGRAM

Monday/Wednesday Day Group– VAN0919D-1YR (M/W)

9:30 a.m. to 1 p.m. – Room 100

August 28, 2019 to August 21, 2020

SPECIAL FIRST DAY ADMINISTRATION TALK: August 28 from 9:30 a.m. to 10 a.m. (corequisite immediately follows)

Double-Day (DD): class from 9:30 a.m. to 1 p.m. AND 2 p.m. to 5:30 p.m. on same day

Course Name	Course Dates
Fundamentals of Nutrition I	August 28 (2-5:30 pm); September 4, 9 (DD) 11, 16, 18 (DD)
Fundamentals of Nutrition II	September 18 (2-5:30 pm) 23, 25, 30; October 2
Anatomy & Physiology	October 7, 9, 16, 21, 23, 28, 30; November 4, 6 (DD)
Nutritional Symptomatology	November 6 (2-5:30 pm) 13, 18, 20, 25, 27; December 2, 4, 9
Nutritional Literature Research	December 11, 16, 18 [WINTER BREAK]
Motivational Interview Skills	January 6, 8, 13
Hormone Health	January 15, 20, 22, 27, 29 (DD)
Body-Mind-Spirit: Connection to the Mind	January 29 (2-5:30 pm); February 3, 5, 10, 12
Body-Mind-Spirit: Connection to the Spirit	February 19, 24, 26; March 2, 4
Allergies	March 9, 11 [SPRING BREAK] 23, 25, 30 (DD)
Eco-Nutrition	March 30 (2-5:30 pm); April 1, 6, 8
Biochemistry, Genetics & Epigenetics	April 13, 15, 20, 22, 27, 29
Pathology & Nutrition	May 4, 6, 11, 13, 20, 25, 27
Lifecycle Nutrition: Pediatrics	June 1, 3, 8, 10
Lifecycle Nutrition: Sports	June 15, 17, 22 – All classes 9 a.m. to 1 p.m.
Lifecycle Nutrition: Perspectives on Aging	June 24, 29; July 6 (DD)
Fundamentals of Business	July 6 (2-5:30 pm) 8, 13, 15
Introduction to Home Use of Herbs	July 20, 22, 27, 29 [STUDY BREAK]
SPECIAL DATES – see also Corequisite Schedule	
Interim Transcript Provided: <i>To Be Announced</i>	
Case Study 2 Due	December 16, 2019
Case Study 3 & 4 Due	February 19, 2020
Body-Mind-Spirit Book Report Due	After the Spirit course, but no later than July 29, 2020
Case Study 5 & 6 Due	April 27, 2020
Oral Exam	Week of May 11, 2020
Case Study 7 & 8 Due	July 29, 2020
Final Written Exam	Friday, August 21, 2020



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COREQUISITE SCHEDULE

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All Classes from 2 p.m. to 5 p.m. – Room 100; Cooking Classes in Room 102

Study Skills	Wed. August 28 (10 a.m. to 1 p.m.)	2019
Cooking Class: Kitchen Culture & Knife Skills	Mon. September 23	
Cooking Class: Ancient Grains & Legumes	Wed. October 2	
Supplements	Mon. October 21	
Ayurveda I	Mon. October 28	
Ayurveda II	Wed. November 13	
Cooking Class: Probiotic Foods & Beverages	Mon. November 25	
Cooking Class: Eating Plants from Land, Lake & Sea	Mon. December 2	
Case Study: Lifestyle Assessment Form	Mon. December 9	
Disordered Eating	Wed. December 18	
Cooking Class: Healthy Broths	Wed. January 8	2020
Case Study: Nutri-Systems Profile/Links & Connections	Mon. January 13	
Case Study: Meal Planning	Wed. January 22	
Weight Loss, Detoxification & Cleansing	Mon. January 27	
Case Study: Session Demonstration	Mon. February 3	
Cooking Class: Practical Food Preparation for Busy Lives	Wed. February 12	
Therapeutic Diets	Wed. February 26	
Body~Mind~Spirit Integration	Wed. March 4	
Cooking Class: Alternative Baking & Raw Sweets	Wed. March 11	
Case Study: Follow-Up Visit/Facilitated Study Session	Wed. March 25	
Autoimmunity	Wed. April 1	
Urban Garden Field Trip	Wed. April 8	
Lowering Toxic Load	Mon. April 20	
Case Study: Oral Exam Prep	Mon. April 27	
Fats	Wed. May 6	
Cooking Class: Raw Food Fundamentals	Wed. May 27	
Case Study: Facilitated Study Session	Wed. June 10	
Cooking Class: Eating for Growth & Performance	Mon. June 29	
Cooking Class: Global Cuisines	Wed. July 8	
Business Marketing	Wed. July 15	
Final Exam Prep	Mon. July 27	