



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

NATURAL NUTRITION DIPLOMA PROGRAM

Friday 2-Year Day Group– VAN0919D-2YR (Fri)

9:30 a.m. to 1 p.m. – Room 100

September 6, 2019 to August 20, 2021

SPECIAL FIRST DAY ADMINISTRATION TALK: September 6 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	2019: September 6 (2-5:30 p.m.) 13, 20 (DD) 27; October 4, 11
Fundamentals of Nutrition II	October 18, 25; November 1, 8, 15
Anatomy & Physiology	November 22, 29; December 6, 13, 20 [WINTER BREAK] 2020: January 10, 17, 24, 31
Nutritional Symptomatology	February 7, 14, 21, 28; March 6, 13 [SPRING BREAK] 27; April 3 [GOOD FRIDAY: April 10] 17
Nutritional Literature Research	April 24; May 1, 8
Motivational Interview Skills	May 15, 22, 29
Hormone Health	June 5, 12, 19, 26; July 3 (DD)
Body-Mind-Spirit: Connection to the Mind	July 3 (2-5:30 p.m.) 10, 17, 24, 31 [SUMMER BREAK]
Body-Mind-Spirit: Connection to the Spirit	September 4, 11, 18, 25; October 2
Allergies	October 9, 16, 23, 30; November 6 (DD)
Eco-Nutrition	November 6 (2-5:30 p.m.) 13, 20, 27
Biochemistry, Genetics & Epigenetics	December 4, 11, 18 [WINTER BREAK]; 2021: January 8, 15, 22
Pathology & Nutrition	January 29; February 5, 12, 19, 26; March 5 [SPRING BREAK]
Lifecycle Nutrition: Pediatrics	March 26 [GOOD FRIDAY: April 2] April 9, 16, 23
Lifecycle Nutrition: Sports	April 30; May 7, 14 – All classes 9 a.m. to 1 p.m.
Lifecycle Nutrition: Perspectives on Aging	May 21, 28; June 4
Fundamentals of Business	June 11, 18, 25; July 2
Introduction to Home Use of Herbs	July 9, 16, 23, 30 [STUDY BREAK]
SPECIAL DATES – see also Corequisite Schedule	
Interim Transcript Provided: <i>To Be Announced</i>	
Case Study 2 Due	April 24, 2020
Case Study 3 & 4 Due	September 4, 2020
Body-Mind-Spirit Book Report Due	After the Spirit course, but no later than July 30, 2021
Case Study 5 & 6 Due	January 15, 2021
Oral Exam	Week of January 25, 2021
Case Study 7 & 8 Due	July 30, 2021
Final Written Exam	Friday, August 20, 2021



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COREQUISITE SCHEDULE

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

Study Skills	Fri. September 6 <u>from 10 a.m. to 1 p.m.</u>	2019	
Cooking Class: Kitchen Culture & Knife Skills	Fr. October 18		
Cooking Class: Ancient Grains & Legumes	Fri. November 15		
Supplements	Fri. December 13		
Ayurveda I	Fri. January 31		
Ayurveda II	Fri. February 7	2020	
Cooking Class: Probiotic Foods & Beverages	Fri. March 6		
Cooking Class: Eating Plants from Land, Lake & Sea	Fri. March 27		
Case Study: Lifestyle Assessment Form	Fri. April 17		
Disordered Eating	Fri. May 8		
Case Study: Nutri-Systems Profile/Links & Connections	Fri. May 29		
Case Study: Meal Planning	Fri. June 12		
Weight Loss, Detoxification & Cleansing	Fri. June 26		
Case Study: Session Demonstration	Fri. July 17		
Cooking Class: Practical Food Preparation for Busy Lives	Fri. July 31		
Urban Garden Field Trip	Fri. September 4		
Therapeutic Diets	Fri. September 18		
Body~Mind~Spirit Integration	Fri. October 2		
Cooking Class: Alternative Baking & Raw Sweets	Fri. October 16		
Autoimmunity	Fri. October 30		
Case Study: Follow-Up Visit/Facilitated Study Session	Fri. November 20		
Cooking Class: Healthy Broths	Fri. November 29		
Lowering Toxic Load	Fri. December 18		
Case Study: Oral Exam Prep	Fri. January 15		2021
Cooking Class: Global Cuisines	Fri. February 19		
Fats	Fri. March 12		
Case Study: Facilitated Study Session	Fri. April 23		
Cooking Class: Eating for Growth & Performance	Fri. May 21		
Cooking Class: Raw Food Fundamentals	Fri. June 18		
Business Marketing	Fri. July 2		
Final Exam Prep	Fri. July 23		