



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

NATURAL NUTRITION DIPLOMA PROGRAM

Wednesday Night/Saturday Day Group– VAN0919M-1YR (W/S)

Wed: 6:30 p.m. – 10 p.m. /Sat: 9:30 a.m. to 1 p.m. – Room 101

September 4, 2019 to August 21, 2020

SPECIAL FIRST DAY ADMINISTRATION TALK: September 4 from 6 p.m. to 6:30 p.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	September 7, 11, 14 (DD) 18, 21, 25
Fundamentals of Nutrition II	September 28; October 2, 5, 9, 12 (DD)
Anatomy & Physiology	October 12 (2-5:30 p.m.) 16, 19, 23, 26, 30; November 2, 6, 9 (DD)
Nutritional Symptomatology	November 9 (2-5:30 p.m.) 13, 16, 20, 23, 27, 30; December 4, 7
Nutritional Literature Research	(December 11-see Corequisite Schedule) December 14, 18, 21 [WINTER BREAK]
Motivational Interview Skills	January 8, 11, 15
Hormone Health	January 18, 22, 25, 29; February 1
Body-Mind-Spirit: Connection to the Mind	February 5, 8, 12, 15, 19
Body-Mind-Spirit: Connection to the Spirit	February 22, 26, 29; March 4, 7
Allergies	March 11, 14 [SPRING BREAK] 25, 28; April 1
Eco-Nutrition	April 4, 8, 11, 15
Biochemistry, Genetics & Epigenetics	April 18, 22, 25, 29; May 2, 6
Pathology & Nutrition	May 9, 13, 16, 20, 23, 27, 30 (DD)
Lifecycle Nutrition: Pediatrics	May 30 (2-5:30 p.m.) June 3, 6, 10
Lifecycle Nutrition: Sports	June 13 (9 a.m.-1 p.m.) 17 (6 p.m.-10 p.m.) 20 (9 a.m.-1 p.m.)
Lifecycle Nutrition: Perspectives on Aging	June 24, 27; [CANADA DAY: July 1] July 4
Fundamentals of Business	July 8, 11, 15, 18
Introduction to Home Use of Herbs	July 22, 25, 29; August 1 [STUDY BREAK]
SPECIAL DATES – see also Corequisite Schedule	
Interim Transcript Provided: <i>To Be Announced</i>	
Case Study 2 Due	December 14, 2019
Case Study 3 & 4 Due	February 22, 2020
Body-Mind-Spirit Book Report Due	After the Spirit course, but no later than August 1, 2020
Case Study 5 & 6 Due	May 2, 2020
Oral Exam	Week of May 11, 2020
Case Study 7 & 8 Due	August 1, 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 101; Cooking Classes in Room 102

Study Skills	<u>Wed.</u> September 4 (6:30-9:30 p.m.)	2019
Cooking Class: Kitchen Culture & Knife Skills	Sat. October 5	
*Ayurveda I	Sat. October 19	
Supplements	Sat. October 26	
*Ayurveda II	Sat. November 2	
Cooking Class: Ancient Grains & Legumes	Sat. November 23	
Cooking Class: Probiotic Foods & Beverages	Sat. November 30	
Case Study: Lifestyle Assessment Form	Sat. December 7	
Disordered Eating	<u>Wed.</u> December 11 (6:30-9:30 p.m.)	
Cooking Class: Eating Plants from Land, Lake & Sea	Sat. December 21	
Case Study: Nutri-Systems Profile/Links & Connections	Sat. January 11	
Cooking Class: Healthy Broths	Sat. January 18	
Case Study: Meal Planning	Sat. January 25	
Weight Loss, Detoxification & Cleansing	Sat. February 1	
Case Study: Session Demonstration	Sat. February 8	
Cooking Class: Practical Food Preparation for Busy Lives	Sat. February 22	
Therapeutic Diets	Sat. February 29	
Body~Mind~Spirit Integration	Sat. March 7	
Cooking Class: Alternative Baking & Raw Sweets	Sat. March 14	
Case Study: Follow-Up Visit/Facilitated Study Session	Sat. March 28	
Autoimmunity	Sat. April 4	
Urban Garden Field Trip	Sat. April 18	
Lowering Toxic Load	Sat. April 25	
Case Study: Oral Exam Prep	Sat. May 2	
Fats	Sat. May 9	
Cooking Class: Raw Food Fundamentals	Sat. May 23	
Case Study: Facilitated Study Session	Sat. June 6	
Cooking Class: Eating for Growth & Performance	Sat. June 27	
Cooking Class: Global Cuisines	Sat. July 11	
Business Marketing	Sat. July 18	
Final Exam Prep	Sat. July 25	

**students will be asked to sign up in advance to confirm attendance
CSNN reserves the right to change class schedules at any time*

April 16, 2019