



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

How to Register for CSNN 2020

Natural Nutrition Program, 1 year

Fees - \$6260 + textbooks

This is a 1 year diploma course resulting in the professional certification of Certified Holistic Nutritional Consultant. This program is licensed through the Alberta Advanced Education. Students attend school two-three times a week, and must achieve 50 hours of practical sessions.

There are 50 hours of mandatory practical topics, and many more available optional on a variety of exciting additional subjects. Students can take optional practicals either in class or online.

**This program is currently scheduled for:
Fall start, August 2020.**

Starting August 24, Monday & Wednesday - 8:00am - 12:00pm

Starting August 25, Tuesday & Thursday - 10:00am - 2:00pm

Starting August 24, Monday & Thursday - 6:00pm - 10:00pm

Note that days are subject to small changes to accommodate statutory holidays and mandated class hours.

Natural Nutrition Program, 2 year

Fees - \$6260 + textbooks

This is a 2 year diploma course resulting in the professional certification of Certified Holistic Nutritional Consultant. This program is licensed through the Alberta Advanced Education. Students attend school once a week, and then must achieve 50 hours of practical sessions over 2 years.

There are 50 hours of mandatory practical topics, and many more available optional on a variety of exciting additional subjects. Students can take optional practicals either in class or online.



**This program is currently scheduled for:
Fall start, September 2020.**

Tuesday evenings 6:00pm - 10:00pm

Note that days are subject to small changes to accommodate statutory holidays and mandated class hours.

We are currently wait listing our two year program, with no guarantee this will have a start date in 2020.



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Fundamentals of Nutrition

Natural Nutrition Introduction Package
Starting April 21, 2020

Fees - \$844 + textbooks

This is 36 hours / 9 weeks of an introduction to holistic nutrition fundamentals.

The Fundamentals of Nutrition course offers a comprehensive overview of the field of nutrition, which leads to a study and understanding of the link between nutrition and preventive medicine. The course explains the role of macronutrients, vitamins and minerals, and the importance of water in the diet. It describes how certain dietary habits undermine our health and provides suggestions for overcoming these habits. It looks at the effect of pollution on our health and the health of our planet.

This course explains the ten key components of a healthy diet and discusses the changing nutritional needs of various age groups during growth and development. Students learn the health benefits of and basic guidelines for fasting and detoxification.

Holistic Culinary Certificate

Starting October, 2020
Only 12 spots accepted

Fees - To be determined, but estimated \$600 + supplies

Applications will be processed after June 1, 2020, however you can submit your application to secure a spot today.

This is a 10 week, hands on kitchen cooking class. You will enjoy learning from a variety of Certified Holistic Nutrition Consultants working alongside a certified Chef to teach you the kitchen techniques as well as how to look for recipes that specifically apply to your needs.

Topics include:

Kitchen Culture & Knife Skills * Ancient Grains and Legumes * Raw Food Fundamentals * Probiotic Foods and Beverages * Meal Planning and Practical Food Preparation for Busy Lives * Eating Plants from Land, Lake & Sea * Eating for Growth & Performance * Alternative Baking and Raw Sweets * Balancing Broths and Teas * International Cuisine