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

NATURAL NUTRITION DIPLOMA PROGRAM

Tuesday/Thursday Day Group– VAN0421D (T/TH)
9:30 a.m. to 1 p.m. – Room 100

April 6, 2021 to April 22, 2022

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
Module 1	Fundamentals of Nutrition (Part 1)	April 6 **(2-5:30 pm)** 8, 13, 15, 20, 22, 27 **(DD)**
	Fundamentals of Nutrition (Part 2)	April 27 **(2-5:30 pm)** 29; May 4, 6, 11 **(DD)**
	Biochemistry & Epigenetics	May 11 **(2-5:30 pm)** 13, 18, 20, 25, 27
Module 2	Anatomy & Physiology	June 1, 3, 8, 10, 15, 17, 22, 24, 29 **(DD)**
	Nutritional Symptomatology	June 29 **(2-5:30 pm) [CANADA DAY: July 1]** July 6, 8, 13, 15, 20, 22, 27, 29 **[SUMMER BREAK]**
	Nutritional Literature Research	August 31; September 2, 7
	Motivational Interview Skills	September 9, 14, 16
	Hormone Health	September 21, 23, 28, 30; October 5
Module 3	Body-Mind-Spirit: The Mind Connection	October 7, 12, 14, 19, 21
	Body-Mind-Spirit: The Spirit Connection	October 26, 28; November 2, 4, 9 **[REMEMBRANCE DAY: November 11]**
	Allergies	November 16, 18, 23, 25, 30
	Pathology & Nutrition	December 2, 7, 9, 14, 16 **[SUMMER BREAK];** January 4, 6
	Fundamentals of Business	January 11, 13, 18, 20
Module 4	Lifecycle Nutrition: Pediatrics	January 25, 27; February 1, 3
	Lifecycle Nutrition: Sports	February 8, 10, 15 **– All classes 9 a.m. to 1 p.m.**
	Lifecycle Nutrition: Perspectives on Aging	February 17, 22, 24
	Eco-Nutrition	March 1, 3, 8, 10 **[SPRING BREAK]**
	Introduction to the Practical Use of Herbs	March 22, 24, 29, 31 **[STUDY BREAK]**

SPECIAL DATES – *see also Corequisite Schedule*	
Interim Transcript provided following each module	
Checkpoint Meeting	June 28-July 16, 2021 (approximately)
Case Study 2 Due	August 31, 2021
Case Study 3 & 4 Due	October 26, 2021
Body-Mind-Spirit Book Report Due	After Spirit course, but no later than March 31, 2022
Case Study 5 & 6 Due	January 18, 2022
Case Study 7 Video Clip Due	March 31, 2022
Case Study 7 & 8 Due	April 8, 2022
Final Written Exam	Friday, April 22, 2022

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

COREQUISITE SCHEDULE

Tuesday/Thursday Day Group – VAN0421D (T/TH)

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

Orientation	Tue. April 6 **(9:30 a.m. to 1 p.m.)**	2021
Cooking Class: Kitchen Culture & Knife Skills	Th. April 22	
Cooking Class: Probiotic Foods & Beverages	Th. May 6	
Cooking Class: Ancient Grains & Legumes	Th. May 20	
Psychoneuroimmunology	Th. May 27	
Ayurveda I	Th. June 3	
Ayurveda II	Th. June 10	
Supplements	Tue. June 22	
Cooking Class: Eating Plants from Land, Lake & Sea	Th. July 15	
Urban Garden Field Trip	Tue. July 20	
Case Study: Lifestyle Assessment Form	Th. July 29	
Disordered Eating	Tue. September 7	
Weight Loss, Detoxification & Cleansing	Tue. September 14	
Case Study: Nutri-Systems Profile/Links & Connections	Tue. September 21	
Case Study: Meal Planning	Tue. September 28	
Cooking Class: Practical Food Preparation for Busy Lives	Tue. October 5	
Case Study: Session Demonstration	Tue. October 12	
Cooking Class: Alternative Baking & Raw Sweets	Th. October 21	
Restorative Diets	Tue. November 2	
Body-Mind-Spirit Integration	Tue. November 9	
Autoimmunity	Tue. November 30	
Case Study: Follow-Up Visit/Facilitated Study Session	Th. December 9	
Cooking Class: Healthy Broths	Th. December 16	
Cooking Class: Raw Foods & Nut Cheeses	Tue. January 11	2022
Business Marketing	Th. January 20	
Case Study: Video Skills	Tue. January 25	
Cooking Class: Global Cuisines	Th. February 3	
Cooking Class: Eating for Growth & Performance	Th. February 17	
Case Study: Facilitated Study Session	Tue. March 8	
Lowering Toxic Load	Tue. March 22	
Final Exam Prep	Tue. March 29	