

INTRODUCTION TO NATURAL NUTRITION PROGRAM

Option 1: September 4, 2021 to October 13, 2021

Wednesday Night/Saturday Day Group – Room 100

Program Delivery: Wednesday: virtual only / Saturday: virtual or onsite

Course Name	Session	Date	Time
Orientation	Bonus	Wed. September 1	6 p.m. - 9:30 p.m.
Fundamentals of Nutrition (Part 1)	1	Sat. September 4	9:30 a.m. - 1 p.m.
	2	Wed. September 8	6 p.m. - 9:30 p.m.
	3	Sat. September 11	9:30 a.m. - 1 p.m.
	4	Wed. September 15	6 p.m. - 9:30 p.m.
	5	Sat. September 18	9:30 a.m. - 1 p.m.
	6	Wed. September 22	6 p.m. - 9:30 p.m.
	7	Sat. September 25	9:30 a.m. - 1 p.m.
Fundamentals of Nutrition (Part 2)	1	Wed. September 29	6 p.m. - 9:30 p.m.
	2	Sat. October 2	9:30 a.m. - 1 p.m.
	3	Wed. October 6	6 p.m. - 9:30 p.m.
	4	Sat. October 9	9:30 a.m. - 1 p.m.
	5	Wed. October 13	6 p.m. - 9:30 p.m.

OR

Option 2: September 2, 2021 to November 8, 2021

Night Group

Program Delivery: Virtual Only

Course Name	Session	Date	Time
Orientation	Bonus	Mon. August 30	6 p.m. - 9:30 p.m.
Fundamentals of Nutrition (Part 1)	1	Th. September 2	6 p.m. - 9:30 p.m.
	2	Th. September 9	6 p.m. - 9:30 p.m.
	3	Th. September 16	6 p.m. - 9:30 p.m.
	4	Th. September 23	6 p.m. - 9:30 p.m.
	5	Mon. September 27	6 p.m. - 9:30 p.m.
	6	Th. October 7	6 p.m. - 9:30 p.m.
	7	Th. October 14	6 p.m. - 9:30 p.m.
Fundamentals of Nutrition (Part 2)	1	Mon. October 18	6 p.m. - 9:30 p.m.
	2	Th. October 21	6 p.m. - 9:30 p.m.
	3	Th. October 28	6 p.m. - 9:30 p.m.
	4	Mon. November 1	6 p.m. - 9:30 p.m.
	5	Mon. November 8	6 p.m. - 9:30 p.m.