



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

**Ottawa Branch 2021-2023 March Part-Time Evening Program – YEAR 1
(Tues/Thurs Evenings 6:00-9:00 p.m.)**

Course	Dates	Comments	Teacher
New Student Orientation	March 4		Natalie Rivier
Fundamentals of Nutrition (Part 1)	March 11, 23, 25, 30, Apr 1, 6, 8		Natalie Rivier
March Break	March 15-19, 2021	March Break	March Break
Fundamentals of Nutrition (Part 2)	Apr 13, 22, 27, 29, May 6		Nayeer Salem
Anatomy & Physiology	May 13, 20, 25, 27, Jun 3, 8, 10, 17, 22, 24		Alla Makarova
Summer Break	Summer Break	Summer Break	Summer Break
Nutritional Symptomatology	Sept 9, 16, 23, 30, Oct 7, 12, 14, 21, 28, Nov 4		Amanda Brown
Motivational Interview Skills	Nov 8, 10, 17, 24	MON/WED EVENINGS	Shawna McCusker
Body Mind Spirit: The Mind Connection	Nov 30, Dec 2, 9, 16, Jan 6, 11		Andrea Bartels
Winter Break	Dec 20, 2021 – Jan 3, 2022	Winter Break	Winter Break
Case Study Practical #1 – “Jennifer”	Jan 13		Natalie Rivier
Body Mind Spirit: The Spirit Connection	Jan 20, 27, Feb 1, 3, 10		Alla Makarova
Fundamentals of Business	Feb 17, 24, Mar 3, 10		Jennifer Wade
March Break	March 14 – 18, 2022	March Break	March Break
BioChemistry & Epigenetics	Mar 22, 24, 31, Apr 7, 12, 14, 21		Alla Makarova



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Hormone Health	Apr 28, May 5, 12, 17, 19, 26		Andrea Bartels
Case Study Practical #2 – “Matthew”	May 31		Natalie Rivier
Lifecycle – Pediatric	June 2, 9, 14, 16		Cat Binette
Lifecycle – Aging	June 23, 28, 30		Nayeer Salem
Summer Break	Summer Break	Summer Break	Summer Break
Pathology & Nutrition	Sept 8, 15, 20, 22, 29, Oct 6, 11, 13, 18		Andrea Bartels
Case Study Practical #3 - “Maggie”	Oct 27		Natalie Rivier
Lifecycle - Sports	Nov 3, 8, 10, 17		Natalie Rivier
Eco Nutrition	Nov 24, Dec 1, 8, 15		Nayeer Salem
Final Exam Prep + Mandatory Case Study Follow Up	Dec 22		Natalie Rivier
WINTER BREAK	Dec 23, 2022 – Jan 8, 2023	WINTER BREAK	WINTER BREAK
Allergies	Jan 12, 17, 19, 26, Feb 2		Andrea Bartels
Case Study Practical #4 – “Andrew”	Feb 7		Nayeer Salem
Nutritional Literature Research	Feb 9, 16, 23		Nayeer Salem
Introduction to the Practical Use of Herbs	Mar 2, 7, 9, 23, 28		Nayeer Salem
Case Study Practical #5 – Book Report Due	Mar 30		Nayeer Salem



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