



**Ottawa Branch 2022-2024 March Part-Time Evening Program – YEAR 1
(Tues/Thurs Evenings 6:00-9:00 p.m.)**

COURSE	DATE	COMMENTS	TEACHER
New Student Orientation	March 22		Natalie Rivier
Fundamentals of Nutrition (Part 1)	Mar 24, 31, Apr 5, 7, 14, 19, 21		Natalie Rivier
Fundamentals of Nutrition (Part 2)	Apr 28, May 3, 5, 12, 17		Jennifer Wade
Anatomy & Physiology	May 19, 26, 31, Jun 2, 9, 14, 16, 23, 28, 30		Alla Makareva
SUMMER BREAK	SUMMER BREAK	SUMMER BREAK	SUMMER BREAK
Nutritional Symptomatology	Sept 6, 8, 15, 20, 22, 27, 29, Oct 4, 6, 13		Nayeer Salem
Motivational Interviewing Skills	Oct 17, 19, 24, 26	MON/WED EVENING	Shawna McCusker
Lifecycle - Sports	Nov 3, 8, 10, 17	Combined Class	Natalie Rivier
Eco Nutrition	Nov 24, Dec 1, 8, 15	Combined Class	Nayeer Salem
Case Study Practical #1 - Jennifer	Dec 22		Nayeer Salem
WINTER BREAK	Dec 23, 2022 – Jan 8, 2023	WINTER BREAK	WINTER BREAK
Allergies	Jan 12, 17, 19, 26, Feb 2	Combined Class	Andrea Bartels
Case Study Practical #2 - Andrew	Feb 7	Combined Class	Nayeer Salem
Nutritional Literature Research	Feb 9, 16, 23	Combined Class	Nayeer Salem



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Introduction to Practical Use of Herbs	Mar 2, 7, 9, 23, 28	Combined Class	Nayeer Salem
MARCH BREAK	MARCH 14-17, 2023	MARCH BREAK	MARCH BREAK
Case Study Practical #3 – Book Report Due	Mar 30	Combined Class	Nayeer Salem
Bio-Chemistry & Epigenetics	Apr 4, 6, 13, 18, 20, 27, May 4	Combined Class	Alla Makarova
Case Study Practical #4 - Matthew	May 11	Combined Class	Natalie Rivier
Lifecycle - Pediatric	May 16, 18, 25, Jun 1	Combined Class	Lindsay Taylor
Lifecycle - Aging	Jun 6, 8, 15		Nayeer Salem
Fundamentals of Business	Jun 22, 27, 29		Jennifer Wade
SUMMER BREAK	SUMMER BREAK	SUMMER BREAK	SUMMER BREAK
Pathology & Nutrition			
Hormone Health			
Body-Mind-Spirit: The Mind Connection			
Final Exam Prep + Mandatory Case Study Follow Up			
Body-Mind-Spirit: The Spirit Connection			
Case Study #5- Maggie			