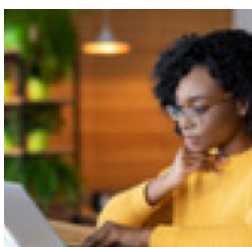




FEBRUARY 2025 EDITION



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CSNN TORONTO NEWSLETTER

A Message from CSNN Toronto

As we approach the Family Day weekend and Valentine's Day, we're reminded of the **importance of connection** - to ourselves, to one another, and to the work we do as holistic nutritionists. Whether you're a current student or a graduate shaping the future of wellness, **connection is at the heart** of everything we do.

This newsletter celebrates our CSNN Toronto community, your achievements, and the guiding principles that unite us all!



Spotlight on Alumna: Julie Daniluk

We're thrilled to shine a light on **Julie Daniluk**, one of the first graduates from Vivian's class at CSNN Toronto! Vivian often shares how Julie's experience enriched their learning journey. Now, a leading voice in holistic health, Julie specializes in inflammation and is the author of *Meals that Heal Inflammation* (2nd edition) and more. She has captivated CSNN Annual Conference audiences with her insights and her work exemplifies the **power of connection**: as she helps people connect with their bodies, heal through nutrition, and live with vitality.

The **Julie Daniluk Award**, presented at the Alumni Conference, honours her contributions. Follow Julie on Instagram [@juliedaniluk](#) for inspiration and subscribe to her newsletters for expert tips. She's a shining example of how our Toronto graduates are making a difference in the world!

We want to hear from you!

Share how your passion for holistic nutrition has grown since joining CSNN. Where has your education taken you? What are you working on now? Share your story and inspire our **CSNN Toronto connections** - your journey may even be featured in our newsletters! [SHARE HERE](#)

CSNN Toronto Upcoming Workshops

Explore our engaging workshops and certificate course including:

Healthy Eating Certificate
Introductory Certificate Course
Culinary Workshops

Dates coming soon!

[REACH OUT FOR MORE HERE](#)

Student Success: Guidelines for Growth

Your connection to CSNN's guidelines is key to both your studies and your future practice. These guidelines serve as your roadmap, equipping you with the tools to succeed in class and later as a holistic nutritionist. Review and integrate them into your routine - they're designed to **foster a deeper connection** to your learning process and keep you aligned with the CSNN values.

Pro Tip: When emailing CSNN Toronto or any organization, personalize your subject line with a clear topic. This ensures your message is read and **strengthens your professional connections!**



ICNM Paris 2025!

Dr. Christina Bjorndal, ND, tackles the hotly debated topic of Ozempic. She'll explore the root causes of weight gain, she will **connecting** physical, mental and emotional health while offering sustainable holistic strategies beyond quick fixes. A powerful Canadian voice in the global wellness conversation!

[LEARN MORE HERE](#)

Stay connected with CSNN Toronto

Want to learn more about CSNN Toronto?

Follow us on [Instagram](#) and on [LinkedIn](#)

Have questions? Join our weekly open house to get all the answers!

[Contact Us](#)

Thank you for being part of CSNN Toronto!



Secure Your Spot at CHNC 2025!

Save the date - May 10th in Toronto! The CHNC is your chance to be *Exploring the Spectrum of Wellness* with inspiring speakers, engaging discussions, and **meaningful connections** with peers who share your holistic mindset. Don't miss out!

[SECURE YOUR SPOT HERE](#)



DID YOU KNOW?

The chakra most closely related to **connection** is the **Heart Chakra**. This energy centre governs love, compassion, and **interpersonal connections**.

Key Foods for the Heart Chakra:

- Green leafy vegetables (like kale, spinach)
- Avocados
- Green tea

Key Yoga Poses to Open the Heart Chakra

- Camel Pose (Ustrasana)
- Bridge Pose (Setu Bandhasana)
- Chest Opener Stretch

Holistic Trivia: Did you know the word **connection** comes from the Latin root *connectere*, meaning "to bind together" It reflects the idea of forming bonds and creating harmony, - a perfect reminder to foster harmony within ourselves and those around us.

Let's continue **to nurture our connections** within this beautiful community!