

# The Wellness Forum Institute for Health Studies Summer Semester 2020 Class Offerings

## **The Diet and Lifestyle Intervention Course**

This program will teach you how to develop a practice using diet and lifestyle as primary intervention tools; and specific protocols for helping people to regain/maintain their health. It is designed for doctors, physician assistants, dietitians, nurses, physical therapists, nutritionists, and all health professionals, but participation is open to anyone. Topics include diabetes, heart disease, autoimmune diseases, gastrointestinal diseases, women's health, men's health, children's health, vaccinations, mental health, cancer treatment, and musculoskeletal conditions **Tuition \$745**

**You do not have to be a practitioner to take this course; laypersons are welcome too!**

## **Courses Offered as Part of the Nutrition Educator Program**

### **Nutrition and Cancer \$400**

Textbooks:

*Radical Remission* by Kelly Turner, Ph.D.

*Cancer as a Metabolic Disease* by Thomas Seyfried, Ph.D.

Slide sets and supplemental materials provided by instructor

20 Hours: one 2-hour class per week for 10 weeks

Topics include overview of various theories of causes of cancer; the role of diet in the prevention and treatment of cancer, and prevention of recurrence; ethical issues in assisting cancer patients; issues pertaining to terminal diagnosis; dietary challenges of cancer patients; analysis of various treatment protocols.

### **Dietary Intervention in Employer and Other Group Settings, Food Service in Institutional Settings \$400**

Textbook: Syllabus prepared by instructor

20 hours: one 2-hour class per week for 10 weeks

Course Objectives: Students will learn about how to use dietary intervention as part of employer health improvement and cost reduction plans, in school settings, hospitals, community initiatives and other related applications. Students will also

learn about how food service operates in these settings, and effective strategies for improving these operations.

Topics include overview of employer health improvement plans; how dietary intervention can affect healthcare costs in this setting; how to motivate employees to participate in health improvement plans at work; how to participate in health fairs, farmer's markets, and other community wellness-related events; hospital-based wellness programs; school food policies and food service operations; and how to present age-appropriate nutrition information in school classrooms

**Psychology II**

**\$440**

Text: Huffman, Karen, *Psychology in Action 9<sup>th</sup> edition*

20 hours: one 2-hour class per week for 10 weeks

Prerequisites: Psychology I

Topics include learning, emotion, motivation, personality, social psychology, psychological disorders, and therapy.