

The Wellness Forum Institute for Health Studies

Fall Semester 2021 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 (\$695 + \$50 registration fee)**

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

Anatomy and Physiology

36 hours: 3 hours per week for 12 weeks (two 90-minute classes per week)

Topics include tissues and histology, structure of the body, the systems of the body, and how they interact with one another to create health and homeostasis.

Tuition \$720

Children's Nutrition and Health

Topics include nutrition and pregnancy, lactation, the development of taste and eating habits, age-appropriate nutritional guidelines from toddler to adolescence, nutritional challenges with children, common health issues of children, nutritional interventions for common childhood conditions.

Tuition: \$480

Nutrition and Diabetes

12 Hours: one 2-hour class per week for 6 weeks

Topics include the pathophysiology and epidemiology of diabetes; diet and diabetes; T1DM, T2DM, and gestational diabetes treatment; facilitating behavior change in diabetics

Tuition: \$240