

The Wellness Forum Institute for Health Studies Fall Semester 2022 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 \$845 (\$795 + \$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

Plant-Based Nutrition and Health \$360

Topics include historical eating patterns, rules of evidence for evaluating nutritional research and dietary plans, challenges in designing nutrition studies, relationship between diet and disease, recent food trends, various plant-based dietary approaches, examination of low-carb, keto, Paleo and other popular diets.

Eating Disorders and Abnormal Psychology Tuition \$320

Topics include: How habits are formed, understanding triggers, why habits are hard to change, how to change habits, motivation, mindfulness, the effects of stress, addiction, and eating disorders (binge eating, anorexia, bulimia, compulsive eating).

Sports Nutrition Tuition \$480

Topics include sports nutrition overview, exercise and metabolism, nutrient requirements for child and adult athletes, hydration, dispelling protein myths, body composition and energy balance, dietary supplements for athletes, sports-specific nutrition, diet and professional athletes.