

The Wellness Forum Institute for Health Studies, Inc.

Diet and Lifestyle Intervention Course Catalog

For Summer/Fall Semester 2026

Published May 29 2026

The Wellness Forum Institute for Health Studies

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Certified through the Ohio State board of Career Colleges
Registration number 09-09-1908T

Executive Director:
Pamela A. Popper

General Information

School Calendar for 2026:

Legal holidays observed by the school are:

- New Years Day
- Martin Luther King Day
- Good Friday
- Passover (one evening and one day only)
- Memorial Day
- July 4
- Labor Day
- Rosh Hashana
- Yom Kippur
- Thanksgiving and the day following
- Christmas Eve
- Christmas Day
- New Years' Eve

Payment:

All tuition and fees are payable for one school term only. Payment is due prior to the start of classes each term.

Tuition and fee charges are subject to change at the school's discretion. Any tuition or fee increase will become effective for the school term following student notification of the increase.

Cancellation and Settlement Policy

This enrollment agreement may be canceled within five calendar days after the date of signing provided that the school is notified of the cancellation in writing. If such cancellation is made, the school will promptly refund in full all tuition and fees paid pursuant to the enrollment agreement and the refund shall be made no later than thirty days after cancellation. This provision shall not apply if the student has already stated academic classes.

Refund Policy

If the applicant is not accepted into the program, all monies paid by the student shall be refunded. Refunds for books, supplies and consumable fees shall be made in accordance with Ohio Administrative Code section 3332-1-10. There is one (1) academic term for this program that is 39 contact hours in length. Refunds for tuition and fees shall be made in accordance with following provisions as established by Ohio Administrative code section 3332-1-10:

- (1) A student who withdraws before the first class and after the 5-day cancellation period shall be obligated for the registration fee.

- (2) A student who starts class and withdraws before the academic term is 15% completed will be obligated for 25% of the tuition and refundable fees plus the registration fee.
- (3) A student who starts class and withdraws after the academic term is 15% but before the academic term is 25% completed will be obligated for 50% of the tuition and refundable fees plus the registration fee.
- (4) A student who starts class and withdraws after the academic term is 25% complete but before the academic term is 40% completed will be obligated for 75% of the tuition and refundable fees plus the registration fee.
- (5) A student who starts class and withdraws after the academic term is 40% completed will not be entitled to a refund of the tuition and fees.

The school shall make the appropriate refund within thirty days of the date the school determines that a student has withdrawn or has been terminated from a program. For students who do not officially withdraw (example stopped attending classes and did not notify the school), refunds will be made within 60 days of the withdrawal.

Books can be returned for refund if they are new and unused.

Complaint or Grievance Procedure

All student complaints should be first directed to the school personnel involved. If no resolution is forthcoming, a written complaint shall be submitted to the director of the school. Whether or not the problem or complaint has been resolved to his/her satisfaction by the school, the student may direct any problem or complaint to the Executive Director, State Board of Career College and Schools, 30 East Broad Street #2481 Columbus, Ohio 43215. Phone 614 466-2752; toll free 877 275-4219.

The Diet and Lifestyle Intervention Course will be offered beginning Wednesday August 5 2026 and ending Wednesday November 18 2026.

Enrollment Deadline: Students must be enrolled by July 31 2026 to participate in this series.

Approximate Program Length: 39 Clock Hours
This program is completed in 16 calendar weeks; this is a one-term program

Tuition and Fees:

Registration Fee: \$ 50.00
Tuition: \$ 945.00
Total Cost: \$ 995.00

Textbooks are listed with the course descriptions. Textbooks are not included in the cost of tuition, and students are responsible for purchasing their own books. Books are available from outside vendors such as www.amazon.com.

Entrance Requirements:

Students are required to complete and submit signed enrollment forms to the Institute office, and to pay both tuition and a \$50 registration fee.

The State of Ohio Board of Career Colleges and Schools requires that all students complete a short 5-minute online Student Disclosure Course as part of the enrollment process.

The Diet and Lifestyle Intervention Course is designed for health care practitioners. Health care professionals are advised that the information learned in this course must be applied in accordance with the scope of practice for their occupation and in compliance with local state licensure laws.

Non-health care and fitness professionals may apply to take the course as well; these individuals must submit an outline detailing why they want to take the course and how they intend to use the material in order to be considered for admission.

Requirements: In addition to paying the registration fee and tuition, students must participate in the entirety of all 15 classes, and complete a final project by December 18, 2026 (project must be postmarked by that date if sent by mail).

Students must have an email address and access to a computer and internet to take this class series, which is offered via zoom.

Graduation: Students who fulfill the above requirements will graduate and receive a certificate and continuing education units, if applicable.

Tardiness and absence: Classes are recorded and made available for four weeks for students who miss classes for reasons beyond their control.

Termination: Students can only be terminated from this series through non-attendance. Terminated students can attend the classes when offered again at no additional charge.

Grading System: The final project is a combination of essay questions and hypothetical clients/patients to review using the knowledge gained in the course. The final project is graded on a pass/fail basis. There is an additional exam required for earning continuing education units.

Probation for Unsatisfactory Progress: Progress in this course is evaluated through attendance during the series. Completion is based on completing the final project. There is no probationary period.

Program Description

The Diet and Lifestyle Intervention Course is designed to teach health, medical, lifestyle, and fitness professionals the relationship between diet and lifestyle habits and health outcomes; to expose students to professionals who are successfully using diet and lifestyle in healthcare delivery, and to teach specific and effective protocols for practice.

The course is taught via virtual classroom, or zoom. The class is interactive and participants can ask questions at any time. Slide sets used during class will be provided to students after each session for future reference.

Upon completion of the course, the healthcare provider will be able to:

- Critically evaluate published research, which leads to better recommendations to patients/clients about diet and health
- Better communicate with patients about the importance of diet and lifestyle when making treatment decisions, and engage the patient in more active decision-making
- Prescribe specific diet and lifestyle interventions for patients with chronic degenerative diseases, and assist those patients in reducing or eliminating medications where appropriate
- Develop relationships with providers who can assist in patient care outside of the provider's practice specialty or scope of practice
- Establish a profitable practice using diet and lifestyle as primary intervention tools

Class Descriptions & Schedule (all classes begin at 7:00PM or 8:00PM eastern time):

Wednesday August 5

8:00PM

Intro to Collaborative, Evidence Based Healthcare 3 clock hours

- Criteria for evaluating evidence; application of criteria to real-life clinical situations
- Comparison of outcomes with varying approaches to health care
- How to change practice orientation, including discussion of billing, logistics, and marketing
- Introducing collaborative decision making to patients/clients
- Teaching plant-based nutrition in a practice setting
- Motivating people to change
- Parameters for evaluating health improvement
- Compliance issues
- Anticipated health improvement results

Texts: *Food Over Medicine*, Pamela A. Popper, Ph.D., N.D. and Glen Merzer
Slide presentation prepared by instructor

Wednesday, August 12

7:00PM

The Science and Nutrition I

3 clock hours

- Total 6 hours divided into two 3-hour sessions
- Review of The China Study
- Other Evidence that Supports Plant-Based Nutrition
- Research Methodology: How Health Professionals Get Confused
 - Scientific Reductionism
 - Reporting Results in Relative vs. Absolute Terms
 - Misreporting of Study Results
 - Study Design
 - The Preponderance of the Evidence vs. Single Study
 - Manipulation of Biomarkers vs. Long-Term Health Outcomes
- Specific Areas of Confusion:
 - Dietary Supplements, particularly vitamin D and Omega-3 fatty acids
 - Protein
 - Fat – nuts, oils, etc.
 - Other Diets – Paleo, Mediterranean, etc.

Texts: *The China Study* by T. Colin Campbell
Whole: Rethinking the Science of Nutrition by T. Colin Campbell
and slide presentations

Wednesday August 19

7:00PM

The Science and Nutrition II

3 clock hours

Wednesday August 26

8:00PM

Gastrointestinal Disorders

3 clock hours

- Dietary and other causes of common GI disorders such as reflux, IBS, ulcerative colitis, Crohn's disease
- Dietary protocols and treatments for resolving GI disorders

Text: slides and materials are provided by instructor

Wednesday September 2

8:00PM

Cancer: Causes and Treatment Alternatives

3 clock hours

- Evaluating efficacy for traditional cancer treatments
- Effective alternative cancer treatments, including diet
- How to evaluate evidence in choosing a treatment plan

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

Radical Remission by Kelly Turner, Ph.D.

Slide presentation developed by instructor

Wednesday September 9

8:00PM

Autoimmune Diseases

3 clock hours

- Defining autoimmune diseases
- Causes of autoimmune diseases, including diet, genes, allergies, infections, viruses, hormones and other environmental factors
- Review of traditional approaches to treating autoimmune diseases
- Dietary and other interventions for stopping the progression of or reversing autoimmune diseases; review of results

Slides and materials provided by instructor

Wednesday September 16

7:00PM

Joint, Back and Muscle Pain

3 clock hours

- Causes of muscle, joint and back pain
- The role of diet in reducing inflammation
- Limitations of traditional approaches to treating joint and back pain
- The role of specific physical therapy approaches and exercise in treating joint and back injuries and pain
- Identifying competent professionals to whom you can refer

Slides and written documents authored by the instructor

Wednesday September 30

8:00PM

Men's Health

2 clock hours

- Hormone production and balance in men
- Erectile dysfunction
- Benign Prostate Hyperplasia
- PSA Testing, treatment for prostate cancer
- The role of diet in men's health

Texts: *The Great Prostate Hoax* by Richard Ablin, Ph.D.
Invasion of the Prostate Snatchers by Mark Scholz, M.D. and Ralph Blum
Slide presentation developed by instructor

Wednesday October 7

8:00PM

Cardiovascular Disease

2 clock hours

- Diagnostic thresholds for markers of coronary artery disease
- The role of diet in the development of coronary artery disease
- Review of traditional approaches to treating hypertension, hyperlipidemia, coronary artery disease
- The role of diet in stopping the progression of or reversing coronary artery disease
- Targets for treatment

Text: *Prevent and Reverse Heart Disease* by Caldwell Esselstyn, M.D.
Slide presentation developed by instructor

Wednesday October 14

8:00PM

Women's Health

3 clock hours

- Evaluating efficacy for diagnostic tests - mammograms, PAP, etc.
- Conditions related to hormone imbalances – early menarche, PMS, irregular menstrual periods, endometriosis, PCOS, infertility, menopause
- The role of diet in preventing and treating common conditions of women

Slides provided by instructor

Wednesday October 21

8:00PM

Addressing Overweight and Obesity

3 clock hours

- Common eating disorders, causes of overweight and obesity, evaluation of weight loss strategies, psychology of change

Slides and materials provided by instructor

Wednesday October 28

7:00PM

Mental Health and Depression

3 clock hours

- Definitions of mental and emotional illnesses and causation
- The limitations and dangers of drug therapies for treating mental illness
- Cognitive Behavioral Therapy – how and why it works
- Effects of CBT on common mental and emotional disorders
- Dealing with high-risk patients
- Identifying qualified CBT professionals to whom you can refer

Texts: *Psychiatric Drug Withdrawal* by Peter Breggin, M.D.

Your Drug May Be Your Problem by Peter Breggin, M.D.

Cognitive Therapy and the Emotional Disorders by Aaron Beck, M.D.

Slides and documents created by the instructor

Wednesday November 4 8:00PM

Prevent and Reverse Diabetes;

Diet & Cognitive Function 3 clock hours

- The role of infant nutrition in the development of type 1 diabetes
- The role of diet in the development of type-2 diabetes
- The role of diet in reducing insulin needs, complications of type 1 diabetes
- The role of diet in stopping the progression of or reversing type 2 diabetes
- The role of diet in preventing and addressing cognitive decline associated with conditions such as Alzheimer's Disease

Texts: *Dr. Neal Barnard's Program for Reversing Diabetes* by Neal Barnard, M.D.
Power Foods for the Brain by Neal Barnard, M.D.

Slides and documents authored by the instructor are provided

Wednesday November 11 8:00PM

An Objective Look at Vaccinations 3 clock hours

- History of childhood vaccinations
- Benefits of vaccination
- Potential adverse health effects resulting from vaccination
- Do vaccinations confer lifetime immunity?
- Evaluating which children are at highest risk for adverse events
- Resources for more information

Text: Slides prepared by instructor

Wednesday November 18 8:00PM

Children's Health 3 clock (bonus)

- Prenatal nutrition, breastfeeding, nutrition from infancy through adolescence, common childhood conditions and treatments

Text: Materials and slides provided by instructor

Note: also includes discussion regarding the final project and instructions for completion.

Instructors

Sunita Bonde, DO

Sunita Bonde, DO is a graduate of Rutgers University (B.A. in biology and B.A. in psychology); and graduated from Lake Erie College of Osteopathic Medicine in 1998. Her post-graduate training included certification in Medical Acupuncture (UCLA 2009), and service as a Life Flight Physician. She is board-certified in Emergency Medicine and Medical Acupuncture. Her experience is considerable and includes working in community health and wellness centers, hospital emergency rooms, Urgent Care centers, and working for Bristol-Myers Squibb as a lab investigator for new drugs. Her experience in caring for emergency room patients and people suffering from chronic diseases fuels her passion for teaching diet and lifestyle habits that can prevent disease.

Mary Marshall

Mary Marshall, BSN, RN, has over 30 years of experience in nursing, fitness, and health coaching, and has accumulated hundreds of hours of advanced health and wellness training. She currently facilitates Wellness Forum Health's weight loss program, and teaches for The Wellness Forum Institute. Mary formerly worked in the workplace wellness department at Union Hospital in northeastern Ohio. She is now President of Eat, Learn, Live, Ltd. She is certified as a WellCoach, and has extensive experience working with people on behavioral change.

Pam Popper

Pam Popper is Executive Director of Wellness Forum Health. The company offers educational programs for consumer and healthcare providers that facilitate evidence-based, collaborative and informed decision making for health-related matters. Pam is also the founder and president of The Wellness Forum Institute for Health Studies.

Pam has been featured in many widely distributed documentaries, including *Processed People* and *Making a Killing* and appeared in the acclaimed documentary *Forks Over Knives*, which played in major theaters throughout North America in 2011. She is one of the co-authors of the companion book which was on the *New York Times* bestseller list for 66 weeks. Her most recent films are *Food Choices* and *Diet Fiction*. She is the author of *Food Over Medicine: The Conversation That Can Save Your Life*, and *Food Choices: The Book*. Her newest book is *Conversations With Pam: The Power of INFORMED™ Healthcare*.

Pam is also a public policy expert, and continually works toward changing laws that interfere with patients' right to choose their health provider and method of care. She has testified in front of legislative committees on numerous occasions,

and has testified three times in front of the USDA's Dietary Guidelines Advisory Committee.

Don Rothenstein, B.S., M.B.A., Nutrition Educator

Don Rothenstein has a B.S. in Chemical Engineering and a masters degree in Business Administration from Cornell University. He is a graduate of the Nutrition Educator Program from the Wellness Forum Institute for Health Studies. Prior to developing an interest in nutrition, Don had a long and impressive career in retail merchandising, managing hundreds of millions of dollars of inventory, and responsible for profitability, product mix, vendor relations, advertising and marketing, and pricing.

After considerable research on his own he decided to pursue formal education in nutrition in 2017, and completed an internship at Wellness Forum Health in 2020. Don writes the popular weekly "Your Nutritional Moment of Zen," available by subscription.

William Lessler, LPCC

William Lessler is a Licensed Professional Clinical Counselor and Adjunct Professor of Psychology who has been in private practice for over 10 years. He is a trained and experienced Cognitive Behavioral Therapist. Dr. Lessler has performed extensive research on the use of anti-depressant, anti-anxiety, anti-psychotic and neuroleptic drugs and has developed a model for treatment of depression, anxiety, relationship issues, bereavement, anger and other issues that does not require their use. He is one of the most effective therapists in Columbus, and one of the best teachers on the subject of the deficiencies of the psychiatric model.

Eileen Kopsaftis

Eileen Kopsaftis, MS PT received her physical therapy degree from Russell Sage College. She has practiced for eighteen years and specializes in manual techniques. Her approach is eclectic with a priority on restoring pain free biomechanics and postural symmetry. The techniques she is trained to perform are Muscle Energy, Myofascial Release, Mulligan's Mobilization with Movement, Neurofascial Release, Strain/Counterstrain, Advanced Strain/Counterstrain, Feldenkrais somatic movement, and more. Eileen is a Certified MELT instructor which is a self-treatment technique that addresses the connective tissue; improving balance, postural alignment, and pain.