

WINTER 2019 HOLISTIC NUTRITION CERTIFICATE SCHEDULE

Thursday	Friday	Saturday	Sunday
Week 1			
January 3	January 4	January 5	January 6
Orientation	Materia Medica of Food 3:30pm-6:30pm Rachel Worth-Cappell	Foundations of Holistic Nutrition 9:00am-12:00pm Amber Baker Food Therapeutics 1:00pm-4:00pm Elham Ansari	Food Therapeutics 9:00am-12:00pm Dr. Carlie Reidlinger Food Therapeutics 1:00pm-4:00pm Elham Ansari
Week 2			
January 10	January 11	January 12	January 13
Evolution of Cultural Diets 3:30pm-6:30pm Peter Conway	Materia Medica of Food 3:30pm-6:30pm Rachel Worth-Cappell	Foundations of Holistic Nutrition 9:00am-12:00pm Amber Baker Food Therapeutics 1:00pm-4:00pm Elham Ansari	Foundations of Holistic Nutrition 9:00am-12:00pm Amber Baker Food Therapeutics 1:00pm-4:00pm Elham Ansari
Week 3			
January 17	January 18	January 19	January 20
Evolution of Cultural Diets 3:30pm-6:30pm Peter Conway	Materia Medica of Food 3:30pm-6:30pm Rachel Worth-Cappell	Foundations of Holistic Nutrition 9:00am-12:00pm Amber Baker Food Therapeutics 1:00pm-4:00pm Elham Ansari	Food Therapeutics 9:00am-12:00pm Dr. Carlie Reidlinger Food Therapeutics 1:00pm-4:00pm Elham Ansari
Week 4			
January 24	January 25	January 26	January 27
Evolution of Cultural Diets 3:30pm-6:30pm Peter Conway	Materia Medica of Food 3:30pm-6:30pm Rachel Worth-Cappell	Foundations of Holistic Nutrition 9:00am-12:00pm Amber Baker Food Therapeutics 1:00pm-4:00pm Elham Ansari	Food Therapeutics 9:00am-12:00pm Dr. Carlie Reidlinger Food Therapeutics 1:00pm-4:00pm Elham Ansari

Thursday	Friday	Saturday	Sunday
Week 5			
January 31	February 1	February 2	February 3
Evolution of Cultural Diets 3:30pm-6:30pm Peter Conway	Materia Medica of Food 3:30pm-6:30pm Rachel Worth-Cappell	Foundations of Holistic Nutrition 9:00am-12:00pm Amber Baker Food Therapeutics 1:00pm-4:00pm Elham Ansari	Food Therapeutics 9:00am-12:00pm Dr. Carlie Reidlinger Food Therapeutics 1:00pm-4:00pm Peter Caron
Week 6			
February 7	February 8	February 9	February 10
Evolution of Cultural Diets 3:30pm-6:30pm Peter Conway	Materia Medica of Food 3:30pm-6:30pm Rachel Worth-Cappell	Politics of Food 9:00am – 5:30pm Maurita Prato	Foundations of Holistic Nutrition 9:00am-12:00pm Amber Baker Food Therapeutics 1:00pm-4:00pm Elham Ansari
Week 7			
February 14	February 15	February 16	February 17
Evolution of Cultural Diets 3:30pm-6:30pm Peter Conway	Materia Medica of Food 3:30pm-6:30pm Rachel Worth-Cappell	Foundations of Holistic Nutrition 9:00am-12:00pm Amber Baker	Food Therapeutics 9:00am-12:00pm Dr. Carlie Reidlinger
Week 8			
February 21	February 22	February 23	February 24
NO CLASSES	NO CLASSES	NO CLASSES	NO CLASSES
Week 9			
February 28	March 1	March 2	March 3
Evolution of Cultural Diets 3:30pm-6:30pm Peter Conway	Materia Medica of Food 3:30pm-6:30pm Rachel Worth-Cappell	Politics of Food 9:00am – 5:30pm Maurita Prato	Foundations of Holistic Nutrition 9:00am-12:00pm Amber Baker Food Therapeutics 1:00pm-4:00pm Elham Ansari

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Thursday	Friday	Saturday	Sunday
Week 10			
March 7	March 8	March 9	March 10
Evolution of Cultural Diets 3:30pm-6:30pm Peter Conway	Materia Medica of Food 3:30pm-6:30pm Rachel Worth- Cappell	Foundations of Holistic Nutrition 9:00am-4:00pm Amber Baker	Food Therapeutics 9:00am-12:00pm Dr. Carlie Reidlinger Food Therapeutics 1:00pm-4:00pm Elham Ansari
Week 11			
March 14	March 15	March 16	March 17
Evolution of Cultural Diets 3:30pm-6:30pm Peter Conway	Materia Medica of Food 3:30pm-6:30pm Rachel Worth-Cappell	Foundations of Holistic Nutrition 9:00am-12:00pm Amber Baker Food Therapeutics 1:00pm-4:00pm Elham Ansari	Backyard Gardening 9:00am-5:30pm Tayler Krawczyk
Week 12			
March 21	March 22	March 23	March 24
Evolution of Cultural Diets 3:30pm-6:30pm Peter Conway	Materia Medica of Food 3:30pm-6:30pm Rachel Worth-Cappell	Fungal Foods & Mushroom Medicines 9:00am-5:30pm Tony Acworth	Fungal Foods & Mushroom Medicines 9:00am-5:30pm Tony Acworth
Week 13			
March 28	March 29	March 30	March 31
Evolution of Cultural Diets 3:30pm-6:30pm Peter Conway	Materia Medica of Food 3:30pm-6:30pm Rachel Worth-Cappell	Foundations of Holistic Nutrition 9:00am-4:00pm Amber Baker	Backyard Gardening 9:00am-5:30pm Tayler Krawczyk
Week 14			
April 4	April 5	April 6	April 7
Evolution of Cultural Diets 3:30pm-6:30pm Peter Conway	Materia Medica of Food 3:30pm-6:30pm Rachel Worth-Cappell	Foundations of Holistic Nutrition 9:00am-12:00pm Amber Baker	Backyard Gardening 9:00am-5:30pm Tayler Krawczyk
Week 15			
April 11	April 12	April 13	April 14
Evolution of Cultural Diets 3:30pm-6:30pm Peter Conway	Materia Medica of Food 3:30pm-6:30pm Rachel Worth-Cappell	Digestive Health – Plant Medicine Basics 9:00am-5:30pm Alexis Hennig	Digestive Health – Plant Medicine Basics 9:00am-5:30pm Alexis Hennig

Week 16			
April 18	April 19	April 20	April 21
Evolution of Cultural Diets 3:30pm-6:30pm Peter Conway	NO CLASSES	NO CLASSES	Backyard Gardening 9:00am-5:30pm Tayler Krawczyk
Thursday	Friday	Saturday	Sunday
Week 17			
April 25	April 26	April 27	April 28
Evolution of Cultural Diets 3:30pm-6:30pm Peter Conway	Materia Medica of Food 3:30pm-6:30pm Rachel Worth-Cappell		
Program Total			
Evolution of Cultural Diets*	45 hours		*Courses that directly transfer into the Diploma of Holistic Nutrition
Materia Medica of Food*	45 hours		
Foundations of Holistic Nutrition*	45 hours		
Backyard Gardening	30 hours		
Food Therapeutics	90 hours		
Politics of Food	15 hours		
Total	270 hours		

Core Teaching Faculty

Tony Acworth graduated with a Diploma in Phytotherapy from Pacific Rim College and is a member of the Canadian Herbalist Association of BC. He is a practicing Medical Herbalist at his home based clinic, Woodward Phytotherapy, in Brentwood Bay, BC.

Elham Ansari is a teacher and practitioner of Ayurveda and Food Medicine. She specializes in nutrition and digestion.

Amber Baker is a nutritionist at InspireHealth. She is a Registered Orthomolecular Health Practitioner (ROHP) and Registered Nutritional Consulting Practitioner (RNCP).

Peter Caron is an Acupuncturist based out of Victoria, BC with a special interest in mental health, trauma and educating patients on causative agents of illness.

Peter Conway is a leading herbalist (Phytotherapist) with a core interest in contrasting and integrating approaches to healing from both traditional and contemporary sources.

Alexis Hennig Dip.Phyto. (RHT), is a professional member of the Canadian Herbalist Association of British Columbia and runs her own practice as a Medical Herbalist in Fernwood, Victoria, BC.

Tayler Krawczyk is the co-owner/operator of Hatchet & Seed, an edible landscaping & agro-forestry business based in North Saanich, BC.

Maurita Prato MSc, works as the Executive Director of LUSH Valley Food Action Society in the Comox Valley.

Dr. Carlie Reidlinger is a Naturopathic Doctor based out of Vancouver Island Naturopathic Clinic with a special interest in infertility, pregnancy, menopause, women's health and paediatrics.

Rachel Worth-Cappell is a Naturopathic Doctor based out of Victoria, BC with a special interest in mental health, trauma and educating patients on causative agents of illness.