



VIRTUAL OPEN HOUSE

The Institute of Holistic Nutrition
Established 1996

Attend Live Complimentary Lectures by IHN Faculty Members

2021

SATURDAY NOVEMBER 27th

ET 416-386-0940
PT 604-558-4000

9:30 - 10:15 am PT / 12:30 - 1:15 pm ET

Nutrition & Health: The Fundamentals:

Fats that Heal, Protect & Sustain Optimal Health

With Anita Sauvé CNP, RNCP

10:30 - 11:15 am PT / 1:30 - 2:15 pm ET

The Psychology of Disease:

Our Inner Critic – The Connection between
Self-Compassion, Emotional Resiliency & Mental Health

With Kathrin Brunner BA, CNP, RYT

11:30 - 12:15 pm PT / 2:30 - 3:15 pm ET

Comparative Diets:

Optimal Plant Based Eating Approaches

With Jacqueline Steinert, BA (Hons), CNP

Event Prizes | Info on Course / Curriculum | Q & A | Virtual Campus Tours

REGISTER AT

www.instituteofholisticnutrition.com