

The Diet and Lifestyle Intervention Course: only \$695 winter semester

Food Over Medicine Certification Course	\$199	
Business Training for Health Professionals	\$149	
Wellness Forum Health Personal Chef Certification	\$495	
Women's Health Certification Course	\$249	
Weight Loss Certification Course	\$399	
<i>New!</i> Children's Health	\$395	avail Jan
<i>New!</i> Men's Health	\$395	avail Mar
<i>New!</i> Allergies/Asthma	\$199	avail Jan
<i>New!</i> GI Disorders	\$395	avail Jan
<i>New!</i> InforMED Series	\$199	avail Mar
<i>New!</i> Cancer 101	\$695	avail April
<i>New!</i> Forming and Maintaining Optimal Habits	\$395	avail June

Three great options:

#1 Take just one course (tuition listed above)

#2 Take Diet and Lifestyle and choose 3 additional courses for \$995 (save up to \$1643)

#3 Take Diet and Lifestyle and choose 5 additional courses for 1195 (save up to \$1885)

Note: must register and pay tuition by December 31

The Diet and Lifestyle Intervention Course

39 CME's for physicians; 39 contact hours for nurses; 39 level 3 CPEs for dietitians

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

You do not have to be a practitioner to take this course; laypersons are welcome too!

Starts January 18

classes are offered via virtual classroom (live and interactive conference calls)

New courses to be offered in 2017

Note: some of these courses will be taught live the first time and then taped and offered online. The tentative date for each new course is noted.

Children's Health. Topics include benefits of breast feeding, how eating habits and tastes are formed, how to change eating habits and tastes, how to introduce solid food in to infants, social and other situations involving children for ages toddler through young adult, common childhood illnesses and diet and natural therapies. **\$395 starting January 2017 Enrollees in this course will have the option to take a longer and live version of this course through The Wellness Forum Institute. Class will**

take place on Tuesday night at 9:00PM starting January 24 and will consist of 12 two-hour classes.

Men's Health. Topics include prostate health, benign prostate hyperplasia, PSA testing, prostate cancer, erectile dysfunction, Low T, vasectomy. **\$395 starting in March 2017**

Allergies/Asthma. Topics include the relationship between factors like genetics, diet, hydration, vaccines, weight status, and hormones on development of allergies and asthma; diet and natural treatments for resolving both. **\$195 starting January 2017**

GI Disorders. Topics include overview of the gut microbiome, and common conditions including reflux, diarrhea, constipation, nausea, ulcers, colon cancer, colonoscopy and other diagnostic tests, gas and bloating, leaky gut and celiac disease. **\$395 starting January 2017**

InforMED Consumer Series. Includes how to read and interpret information about health (practical experience looking at and evaluating journal articles), how to conduct your own research, how to read your blood test results (what DO those number mean?), evaluating risk factors, how to choose doctors and other providers. **\$195 starting in March 2017**

Cancer 101. Defining cancer (how it develops, characteristics of various types of cancer), diet and lifestyle causes of cancer, how to evaluate and choose cancer treatments, surviving a cancer diagnosis, diet and cancer treatment. **\$695 starting May 2017**

Forming and Maintaining Optimal Habits. The psychology of change, why change is so difficult, how to develop a plan for changing your thinking, your habits and your life. **\$395 starting July 2017**

Become a Food Over Medicine Certified Instructor. This is your opportunity to begin or enhance your career in the nutrition and/or health fields. The curriculum for the course is based on Dr. Pam's book and will provide you with the knowledge you need in order to help others. Completing it will also increase your credibility, which will help you to reach more people.

The course is offered through five 2-hour video lectures deliver by Dr. Pam Popper, during which you will learn: the optimal diet for humans and the science to support it; the relationship between diet and disease and how diet can be used as an intervention tool; how to instruct patients/clients in managing their healthcare – includes tips on how to interview and interact with/manage doctors; how to assess healthcare options; and how to coach people through making these decisions; how to read, understand, and interpret research studies so that you can continue to learn on your own.

Upon completion you will receive a certificate, you will be listed as an instructor on Dr. Pam's website, and you will be authorized to teach the Food Over Medicine Course to consumers (and charge for the program!). Slides for community presentations and course materials are provided. **Tuition \$199**

Women's Health Certification Course. Includes information about hormones, PMS, breast health, menopause, weight gain, bone health, and other specific health issues concerning women. The course includes four video lectures delivered by Dr. Pam Popper, and detailed slides for each lecture. Upon completion you will receive a certificate, you will be listed on Dr. Pam's website as an instructor, and you will be authorized to teach a women's health course to consumers. Graduates will be provided with slide sets for teaching the course. **Tuition \$249**

Weight Loss Certification Course

Over half of the people living in Westernized countries are overweight, and an increasing percentage of those people are obese. The failure rate for weight loss programs is over 99%, which means that it's time for a new approach for helping people to lose weight. In this course, you will learn about the influences that contribute to weight gain, which include historical eating patterns, packaging and advertising for food, emotional eating, and social pressures. You will also learn new and effective strategies for weight loss based on the *real reasons* people overeat. We promise you will learn new things; this is not another series on eating less and exercising more! The course includes 4 video lectures and detailed slides. **Tuition \$395**

Wellness Forum Health Personal Chef Certification

Offered by Chef Del Sroufe, *New York Times* best-selling author, internationally known celebrity chef, with over 25 years of experience in developing recipes, preparing food, overseeing food service operations, and working with individuals who have special dietary needs. This program is designed to train people who want to be personal chefs or personal chefs wanting to develop additional skills, including the basics of the business using a plant centered approach to cooking. Students will learn general meal planning and meal planning for special dietary needs (gluten free, IBD, allergies, heart disease, cancer, etc.); sanitation basics; how to price and market your services; licensing and insurance needs; how to prepare meals in clients' homes.

At the end of this course, you will be certified as a Wellness Forum Health Personal Chef, and you will be able to show that you are qualified to offer personal chef services; effectively work with clients from initial contact through menu planning and food preparation; market yourself as a personal chef trained by an internationally recognized expert

This course is conducted via video lectures with notes and slides provided by Chef Del. Students will be given homework assignments that will prepare them to be gainfully employed in this field. All assignments must be completed according to Chef Del's specifications in order to be awarded the designation at the end of the series. **Tuition \$495.00**

Business Training For Health Professionals

This course is for people who want to start a business offering diet and lifestyle-related services or who want to expand an existing business *without investing a lot of money*. This course will show you how.

After identifying your goals, you will develop a business plan, a directory of services and pricing. You'll also learn low-cost marketing strategies that work, how to develop workshops that turn prospects into clients, effective speaking, teaching and coaching skills, and long-term strategies for growth and success.

Classes are taught via five video lectures. A workbook is provided to facilitate development of a business plan based on the material covered in the lectures. **Tuition \$149**