

# Wisdom. Health. Empowerment.



**OPEN HOUSE**  
Sunday, Jan. 22, 2012  
12 noon - 3:30pm

## *Free complementary lectures:*

**12:00 pm What is Holistic Nutrition**

Would you like to be empowered and take control of your health? Learn how Holistic Nutrition will improve your life by providing harmony and healing to your well-being.

**1:00 pm Sports Nutrition**

This session provides information on several aspects of the relationship between nutrition and sports performance. Topics covered include carbohydrate, fat, and protein requirements specific to your sport, hydration. In addition, advice for vegetarian, female, and competitive athletes is given.

**2:00 pm Enhance Energy and Vitality**

Our vitality is the key to our energy reserves and ability to heal from injury and illness. Discover easy and effective ways to increase your energy, boost your vitality and achieve your ideal weight – all at the same time.

- **Diploma Program:**  
Registered Holistic Nutritionist R.H.N.
- **Day and Evening Classes**
- **Practical Science-based Courses**
- **Employment Assistance**
- **Apprenticeship Opportunities\***
- **Board Certification\***
- **Canada's largest and leading Holistic nutrition school**



Canadian School of Natural Nutrition  
TEACHING THE MEDICINE OF THE FUTURE™

**Call to reserve a seat**

**Toronto**

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