

## Introduction to Holistic Nutrition Weekend Workshop

### Overview and Outline

#### Overview

This workshop, held over a two day weekend, is hands-on and educational and is designed to introduce students to the theories of holistic health through the lens of nutrition and herbology. Some of the highlights will include:

- Exploration of Wild Foods and Herbs and their applications and preparations.
- A wild plants and herbs identification and wildcrafting tour.
- Introduction to Holistic nutrition
- Whole foods cooking class
- Managing Chronic Illness through Nutrition
- Fermentation workshop: Basic Sauerkraut, Kombucha and other fermented vegetables.
- Mindful Movement and Tai Ji

#### Objectives

1. Students will learn about the mechanics of nutrition and how to incorporate Holistic Nutrition strategies into their daily lives.
2. Students will learn to identify local plants and herbs and their basic applications for health.
3. To inform students about the field of Holistic Nutrition and the work of people in the related fields of Nutrition, Healthcare, Herbalism and Medicine.
4. Students will explore local foods, herbs, natural medicines and tinctures and learn their tastes and uses.
5. Students will take away an understanding of what a Holistic Nutrition is and the role it plays in health and well-being.
6. Students will be introduced to the fundamental concepts of Anatomy and Physiology and how they relate to Holistic Nutrition.

<b>Date: June 10, 11, and 12</b>	<b>Where: 781 Baker Street, Nelson</b>
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<b>FRIDAY SCHEDULE</b>	
5:30 - 6:00 pm	Introduction
6:00-7:30 pm	Wild Food and Medicine
7:30- 8:30 pm	Introduction to Holistic Nutrition
<b>SATURDAY SCHEDULE</b>	
10:00-11:00 am	Mindful Movement and Taiji
11:00-12:30 am	Whole Foods Cooking Class
12:30-1:30 pm	<b>LUNCH BREAK</b>
1:30- 2:30 pm	Wildcrafting and Herbalism Introduction
2:30 - 5:00 pm	Edible and Medicinal Herb Walk on Marsden Rd.
<b>SUNDAY SCHEDULE</b>	
9:00-10:00 am	Introduction to A&P: Digestive Systems and Nutrition
10:00- 11:00 am	Managing Chronic Illness and Health with Nutrition
11:00-12:00 am	Science of Fermentation
12:00- 1:00 am	<b>LUNCH BREAK</b>
1:00-3:00 pm	Fermentation Workshop

### Preparation

Please bring:

**Our Edible and Medicinal Herb Walk will happen rain or shine. Please bring appropriate outerwear.**

If you have questions you may email or call the main office at (250) 352-5887.

### Contact Information

[registrar@kootenaycolumbiacollege.com](mailto:registrar@kootenaycolumbiacollege.com)

#2 - 560 Baker Street

Nelson B.C. Canada, V1L 4H9

## Introduction to Holistic Nutrition Workshop: Application Form

### 1. Personal Information:

Full name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_

Province/State: \_\_\_\_\_ Postal Code: \_\_\_\_\_ Country: \_\_\_\_\_

Telephone (home): \_\_\_\_\_ Telephone (work): \_\_\_\_\_

Citizenship: \_\_\_\_\_ Email Address: \_\_\_\_\_

### 2. Payment

Course fees are \$385 including GST with a deposit of \$75 payable when handing in your application form.

DEPOSIT: **\$75 non-refundable deposit payable when handing in application form.**

Remaining balance for workshop due one week before workshop date.

Payments can be made at:

Suite 2 – 560 Baker Street

Send to: [registrar@kootenaycolumbiacollege.com](mailto:registrar@kootenaycolumbiacollege.com) or call 250-352-5887

Email transfer, Credit Card (3% transaction fee), debit, cheque, or cash

Please scan and email completed application form to [registrar@kootenaycolumbiacollege.com](mailto:registrar@kootenaycolumbiacollege.com) or hand deliver to above address with payment.

#### 4. Workshop Details

**Date of workshop: June 10th, 11th & 12th, 2022**

Workshop is held at 781 Baker Street.

Workshop teaches:

- Basic Holistic Nutrition Principles
- Wild Herb Identification and Basic Applications
- Holistic Foods and Cooking Introduction
- Science of Fermentation
- Introductory understanding of Nutritional Science and its effects on the Body.

Workshop preparation:

- Wear comfortable clothing
- Alert us as to any food allergies or sensitivities prior to the workshop

Signature of Applicant \_\_\_\_\_ Date \_\_\_\_\_