

THE VILLAGE

CANADORE



NEW! General Interest Courses Winter and Spring 2020

Courses are **FREE**. Participants will receive a certificate of participation from The Village.
Register by emailing micheline.mcwhirter@canadorecollege.ca

Integrative Nutrition and Applied Health

Course 1 - February 22, 2020

Integrative nutrition involves natural, nutritional elements that incorporate raw, organic and unprocessed foods in the diet. This type of nutritional planning allows for the maximum amount of nutrition to come from foods in their most natural state. Nutrients received through foods are the easiest and most effective for the body to utilize. This course will explore the concept of integrative nutrition including various dietary theories and how dietary theory relates to Canada's Food Guide and how the integration of all of the learning in the course can be utilized in health practice.

Alternative Eastern Healing Modalities

Course 2 - March 7, 2020

In a world abundant with technology, many people are drawn to reconnect with more traditional, natural and time-honoured health modalities to enhance the overall quality of life instead of addressing symptom suppression. There are many holistic therapies that seek to prevent illness altogether and counter the stressors that often lead to the body's disease. These modalities seek to restore the body's natural balance, harmony, and energy. Many Eastern cultures, such as those of India and China, have retained ancient wisdom and applied them to health practices.

Eastern and Western Dichotomies in Mental Health

Course 3: April 4, 2020

Mental health can be defined as one's cognitive, behavioural and emotional well-being. It's how humans think, feel and behave. The term "mental health" is sometimes used to refer to the absence of a mental disorder. If someone has good "mental health" he or she is thought to be in a state of "well-being" allowing oneself to cope with the normal stresses of everyday life, work productively and be able to make a contribution to his or her community. This course will explore the definition of mental health in more depth. The standard western treatment options will be reviewed and compared and contrasted to eastern modalities for mental health.

Stress Management Through Alternative Therapies

Course 4: May 2, 2020

At some point in their lives, every single person will experience stress within their lifetime. Some may feel anxious once in a while, like when they are preparing for a job interview, or going to the dentist. Others may feel it more routinely, finding it difficult to navigate day-to-day activities. Often times we get stuck in the trap of thinking that there's nothing we can do about stress -there aren't enough hours in the day to meet work and family demands and according to social media, everyone else looks better than you and is having more fun than you. The truth is that you're in control of your life. Stress management is all about taking charge: of your lifestyle, thoughts, emotions, and the way you deal with problems.



FIRST facility
of its kind in Canada



**Indigenous, Eastern
and Western practices**



**Student-led
clinics**



**World-class health
and wellness facility**



**Traditional Indigenous
ceremony space and
custom built classrooms**