

Tai Sophia Institute
NEW! Master of Science in
Nutrition and Integrative Health*
Now Enrolling for September 2011



Tai Sophia Institute is pleased to announce that the inaugural class of its first nutrition graduate program – the **Master of Science in Nutrition and Integrative Health*** – is now enrolling for September 2011. The program offers a unique approach to the study of nutrition, one that emphasizes the vital and inter-related physical, medicinal, psychological, social, cultural, and spiritual roles food plays in our lives.

Anchored in a wellness-based philosophy, this distinctive curriculum offers a solid biochemical and physiological understanding of the complex role of food and nutrition in human health combined with a rich personal learning process that enables students to cultivate sustainable change in themselves and others. Students will gain practical skills and apply theory through participation in whole foods cooking labs and practice coaching sessions.

The 47-credit program is designed to accommodate working professionals and can be completed in two years of concentrated weekend study (approximately one weekend each month plus two week-long intensives each year). Additional elective credits are offered to meet students' specific interests. The comprehensive and multi-faceted program ensures that graduates are prepared for a variety of careers in the diverse field of nutrition as practicing nutritionists, consultants, coaches, educators, researchers, and writers.

Program Highlights

- Only accredited program that teaches nutrition from a holistic and integrative perspective
- Prepares graduates for a variety of nutrition and wellness careers
- Prepares graduates to sit for Certified Nutrition Specialist (CNS) exam
- Delivered in a two-year, weekend and intensive format
- Features custom-designed science courses and core competencies in nutrition assessment and treatment strategies
- Includes whole foods cooking as part of academic curriculum
- Addresses sustainability and the relationships between our food choices, our agricultural and processing practices, and the environment
- Integrates students into the broader health and wellness learning community at Tai Sophia Institute

* pending Maryland Higher Education Commission (MHEC) approval



**Tai Sophia
Institute**

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