



## CAN-FIT-PRO CERTIFICATION Nutrition and Wellness Specialist Course

This is a comprehensive 22-hour course designed for fitness and health and wellness professionals that will increase your knowledge and provide excellent tools to help you counsel others about how to build a healthy body. This program is also very beneficial to all Canadians who want to learn practical ways to become more active eat better and make a personal lifestyle change. Topics Include:

- The wellness concept, health evaluation and lifestyle choices
- Nutrition basics (macro and micronutrients)
- Weight management (weight loss and gain)
- Counselling and behaviour modification
- Sports nutrition and supplements
- Nutrition resources and referrals
- Complimentary therapies and therapists
- Spiritual health and stress management

### Why Can-Fit-Pro?

Can-Fit-Pro is a nationally recognized organization with over 19 000 members. It is the leader in educating and certifying fitness professionals across Canada. By adding a Can-Fit-Pro certification to your credentials you will:

- Improve your brand identity
- Increase your marketability
- Be recognized in the health and fitness industry
- Create more opportunities for work
- Add more value to your clients
- Increase your earning potential

### Course Dates + Registration Info:

Courses are held at 18 Winford Drive, Suite 514 (Don Mills Rd. + Eglinton Ave.) Hours: Thurs. 5:00 -10:00 pm, Fri and Sat 9:00 am – 7:00 pm. Paid parking is available onsite. Please check the CanFitPro website or my website for upcoming course dates:

[www.canfitpro.com](http://www.canfitpro.com)  
[www.jawno.com](http://www.jawno.com)

Space is limited and PRE REGISTRATION IS REQUIRED in order to receive course materials in advance. To register, complete the attached Can-Fit-Pro registration form and fax to (416) 493-1756.

For more information email Lauren at:  
[lauren@jawno.com](mailto:lauren@jawno.com)

## ABOUT LAUREN JAWNO

[Lauren Jawno](#) is a dynamic speaker and educator, a certified nutritionist and personal trainer, and a life coach. Lauren specializes in Fitness Conditioning, Sports Nutrition, Weight and Lifestyle Management and Childhood/Family Nutrition.



### A Teacher with Passion + Commitment

With more than 15 years of professional experience, Jawno has built a stellar reputation as an inspiring and passionate speaker. Her passion for people's total health is combined with her extraordinary gifts for teaching and public speaking. She is well known for her interactive presentation style and ability to make complex information practical and easy to understand. She has a unique ability in making the learning process stimulating and enjoyable.

### In-demand Speaker + Media Personality

Over the past 5 years, Jawno has led over 1200 speaking events across Canada and has appeared on TV numerous times. Most recently, she was featured in **Get Real**, a book profiling a select group of successful Canadian women, and she was the Life Coach for **More Magazine's** special Neutrogena and Oil of Olay's makeover sections. Jawno is a **PRO fitness and nutrition trainer for Can-Fit-Pro** and is an associate nutritionist and personal trainer at the **Sports Performance Centres**; she has also contributed to **Zoomer, iRun Magazine** and **Wedding Bells**.

### Get informed. Get Inspired!

Lauren Jawno combines solid academic background and training with real-life experiences seamlessly for the benefit of all who she comes in contact with. This together with her genuine passion, positive attitude and approachable manner ensures participants leave her seminars and programs informed, inspired and empowered to create change in their life.

[www.jawno.com](http://www.jawno.com)





## Certification Registration Policies and Procedures

### Registration Deadline

Can-Fit-Pro strongly advises registering at least three weeks in advance of an event date to allow time to review the course and/or exam materials. To register for a certification course or exam, candidates are required to submit payment with their registration form. Registrations will not be processed without the correct payment.

### Registration Fees

Candidates who register a minimum of *three weeks prior* to the advertised course or exam start date will pay the early registration fee for the course and/or the exam. Mailed registrations must be post marked at least three weeks prior to the advertised date to receive the early registration rate.

Candidates who register *less than three weeks* prior to the advertised course or exam start date will pay the regular registration fee for the course and/or the exam. We do not recommend on-site registration as we cannot guarantee availability of space or course and exam materials without previous payment and notification.

*Once a registration is processed, discounts and/or promotional codes cannot be retroactively applied.*

### Membership

Candidates who register at the non-member rate receive a membership with Can-Fit-Pro.  
*Can-Fit-Pro membership fees are non-refundable.*

### Cancellation Policy

If a Candidate has chosen not to attend or defer, a course or exam, they may cancel, or defer, their registration providing the cancellation is received in writing (via email, mail or fax) at least ten business days prior to the published course or exam start date. Candidates who cancel, or defer, a course or exam before the ten business day deadline will be charged a \$25 (+ Applicable Taxes) Administration Fee.

*No cancellations, deferrals, or changes will be accepted if notice is given less than ten business days prior to the start date of the course and/or exam.*

If the Candidate has ordered Can-Fit-Pro materials (course manual, study guide, online course), a refund will not be issued for the materials.

### Course Materials & Shipping:

*Includes course manuals, study guides, key codes for online courses*

The regular shipping period is approximately ten business days from the time Can-Fit-Pro receives the registration. If you register less than ten business days in advance of the start date of the course and/or exam, you may not receive your materials prior to the start of the event.

Express shipping is approximately three to four business days from the time Can-Fit-Pro receives the registration. Course materials are not eligible for refunds, credits or exchange.

Unclaimed materials, and/or materials shipped to an incorrect address as provided by the candidate are subject to a \$15 (+ Applicable Tax) Reshipping Fee.

### Please Note:

Can-Fit-Pro reserves the right to cancel a previously scheduled course or exam if minimal participation requirements are not met. Your PRO Trainer will contact you should a course or exam be cancelled. We strongly advise you to confirm the status of your course or exam with your PRO Trainer prior to attending.