



Wellness Leaders

NEW

Link Science.World.Canada.Community.Family

Vocational Training Programs

New Careers for Global Community

Link Science to Vast Community Wellness Demands Professionally

A. Holo-Nutrition Wellness Care Program

for Wellness Educators such as: Wellness Advisors, Coaches,
CPN / Certified Professional Nutritionists, Nutraceuticals, Etc.

* Life Cycle, Personalized, Micro to Macro, Efficacy / AI Platforms

B. Instructors Program for Community

(Social Workers, Instructors, Coordinators, Teachers, Entrepreneur, Etc.)

* Teach Community Wellness Program - for Seniors.Newcomers.Family.Kids

* Coordinate between Scientists, Professionals & Community.Kids

* **S.E.L** - Science.Education.Leadership

- Establish Layer by Layer Leadership from Professionals to Kids Leaders

* **S.S.V** - Systematize, Simplify, Visualize

Advanced Health-Related Science in the World

* Link science to Community and Deliver Services

with **3 Vital Steps** - **L.P.L** - Learn, Practice, Lead

by Workshops, Projects, Programs, Events, Etc.



Be Community Wellness Leaders



THE ASSOCIATION OF
CERTIFIED PROFESSIONAL NUTRITIONISTS

Level 1 - New Wellness Program 1 for Educators

Designed by Global Wellness Leaders

Top Talent - Scientists.Professionals.Kids

Link Science to Community Professionally

New Programs to Support **One Action**: Shop Smart & Manage Wellness S.E.S.E



Layer-by-Layer Leadership & Collaboration

Establish the Bridge between Science, Industry and Community

Contents

A Journey of Linking

Health-Related **Science**
to World.Community.Family



Community
Wellness Needs



Global Wellness Leaders for Vast Community Wellness Needs & Sustainable Development Page 3

Link Science to World.Community.Family with Popular Science Designed by Wellness Leaders / Top Talent - Scientists.Professionals.Kids

Community Wellness Platforms Page 4

A Platform of Linking Advanced Science to Vast Daily Life Wellness Needs for Community Well-being By C.I.D & S.E.L

Help Implement One Action: Shop Smart . Manage Wellness S.E.S.E Simply.Easily.Scientifically.Efficiently

New Careers & Jobs for Vast Daily Life Wellness Needs

Mission/Platform Strategies - C.I.D * S.E.L & S.S.V * S.E.S.E Page 5

Teams for Community Wellness Platforms Page 6

Link Science to Vast Global Community Wellness Demands Professionally

3 Layers/levels of New Wellness Programs - Guided by Holo-Wellness Science

New Program to Support One Action: Shop Smart & Manage Wellness S.E.S.E.

Help Link Science to Community Wellness Needs Layer-by-Layer Leadership. More information:

<https://www.dropbox.com/s/mhj8d04s24z9eno/001-ACPN%20-WellnessPlatform.pdf?dl=0>

Level 1 - Wellness Programs for Educators - Link Science to Daily Life Wellness Needs Page 7

Designed by World's Health-Science-Related Leaders - Top Talent / Scientific Advisors / Scientists.Professionals

** More information: <https://www.dropbox.com/s/z38ycbx23gyq2u1/Level%201-ACPN-Wellness%20Programs%20for%20Professionals.pdf?dl=0>*

Main Courses Description for Professionals Page 9

Link Science to Daily Life Wellness Needs. Implement One Action: Shop Smart and Manage Wellness. Be Community Wellness Leaders

Level 2 - Wellness Programs for Community/Adults - Link Science to Community.Family Page 10

Designed by Community Wellness Leaders - Professionals & Practitioners

** More information: <https://www.dropbox.com/s/lxntq05rldek870/Level%202-ACPN-Wellness%20Programs%20for%20Community-Adults.pdf?dl=0>*

Level 3 - Kids/Youth Innovation - New Kids' Wellness Programs - Link Science to Community.Kids

Designed by Kids' Leaders Guided by Professionals - Young Educators & Reporters Page 12

** More information: <https://www.dropbox.com/s/lhf02qwforles2o/Level%203-ACPN-Wellness%20Programs%20for%20Community-Kids.pdf?dl=0>*

3 Vital Steps to Deliver Community Services - L.P.L - Learn, Practice, Lead * Inspire & Accomplish the Mission Page 14

Example of Online Workshops - Stories of Linking Science to Vast Community Wellness Needs Page 15

Link Science to Community - 1st Time Get Together with Scientists, Professionals, Kids' leaders, and Community Page 19

Seniors, Newcomers, Immigrants, Families, Kids, Young People, Etc. on National Nutrition Day

Help Community Understand the Science behind the Wellness World Page 20

How Health-Promoting Components - Phytochemicals & Bioactives Work for our Health

Six Vital Steps Page 21

- Help Understand Science behind Industry for Food Safety, Function and Efficacy.

Implement Wellness Plans Easily, Simply, Scientifically and Efficiently.

Wellness Instructors Page 22

- Help Manage Wellness Guided by Science, Build Community/Family/Kids' Leadership

Deliver Community Services Professionally & Successfully Page 24 - 27

by 3 Vital Steps (Learn, Practice, Lead) - Examples of Events , News and Videos

** Life Cycle Wellness Management; National Nutrition Day Etc.*

More Community Services, Events and Connection.Global

- ACPN-CommunityWellnessPlatform-Services:

** More information: <https://www.dropbox.com/s/npj41ynkxc1ca62/001-ACPN-CommunityVisionMission-Platform-Services.pdf?dl=0>*





Global Wellness Leaders for Vast Community Wellness Needs & Sustainable Development

Link Science to World.Community.Family with Popular Science Designed by Wellness Leaders / Top Talent - Scientists.Professionals.Kids



Wellness Leaders

Leaders Who can C.I.D * S.E.L * S.S.V Science

Break through the **Boundary** of Health-Related Science

Link Science.World.**Canada**.Community.Family

Lead Community.Family for **One Action**:

Shop Smart & Manage Wellness S.E.S.E

Science Leaders Scientists Professional Multicultural Community Newcomer.Family.Senior.Parent. **Kids' Leaders**
Education Insight Determine Compassion Commit Collaborate Listen Encourage Inspire Integrate Scientific Practice
Industry Vision Mission **Wellness Leadership** Strategy Layer-by-Layer
Fields Action Innovation Enjoy Nimble Pragmatic Time
Table **Communication** Respect Honest Humility Appreciation Unselfish Patient Responsible Insist Progress New Innovation
Wellness Needs **Core Values** Principles Partner Opportunity Change Sustainable **Capacity** Accept **Healthy Vibrant World**

In an Era of Product/Information/Knowledge/Brand Explosion, Continuous Development of Science, Traditional Textbooks are Difficult to be Updated in timely manner, Not to Mention Daily Scientific Wellness Practice.

This situation leads a growing **GAP** between updated science and vast daily wellness needs.

We believe Scientific Guide can bring great changes and lead Community.Family for One Action :

Shop Smart & Manage Wellness S.E.S.E - Simply.Easily.Scientifically.Efficiently

We also firmly believe **Wellness Leaders** are needed Significantly to help bridge the Gap just like

Stephen Hawking bridging the gap between physics and real life with Popular Science.

Would you like to be a **Wellness Leader** ?

Together, Join in Community Wellness Platform - Link Science to World.Community.Family.

* Download: <https://www.dropbox.com/s/mhj8d04s24z9eno/001-ACPN%20WellnessPlatform.pdf?dl=0>

Be Global Wellness Leaders

- Lead professionals deliver best Wellness Community Services

* Download: <https://www.dropbox.com/s/z38ycbx23gyq2u1/Level%201-ACPN-Wellness%20Programs%20for%20Professionals.pdf?dl=0>

Be Community.Family Wellness Leaders

- Lead Community.Family Shop Smart & Manage Wellness S.E.S.E.

* Download: <https://www.dropbox.com/s/lxntq05rdek870/Level%202-ACPN-Wellness%20Programs%20for%20Community-Adults.pdf?dl=0>

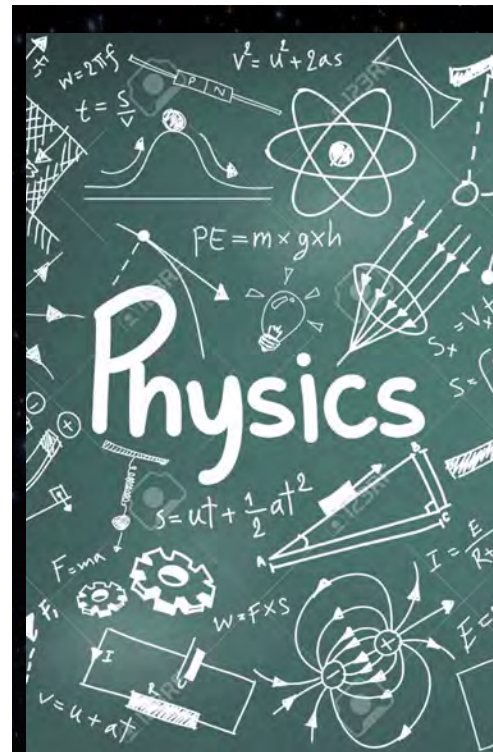
Be Global Kids' Wellness Leaders

- Kids Lead.Attract.Inspire.Help Kids.Family.Community

- Establish a Healthy.Vibrant.Sustainable World and Create Future

* Download: <https://www.dropbox.com/s/lhf02qwforles2o/Level%203-ACPN-Wellness%20Programs%20for%20Community-Kids.pdf?dl=0>

* More Information: <https://www.dropbox.com/s/npj41ynkxc1ca62/001-ACPN-CommunityVisionMission-Platform-Services.pdf?dl=0>

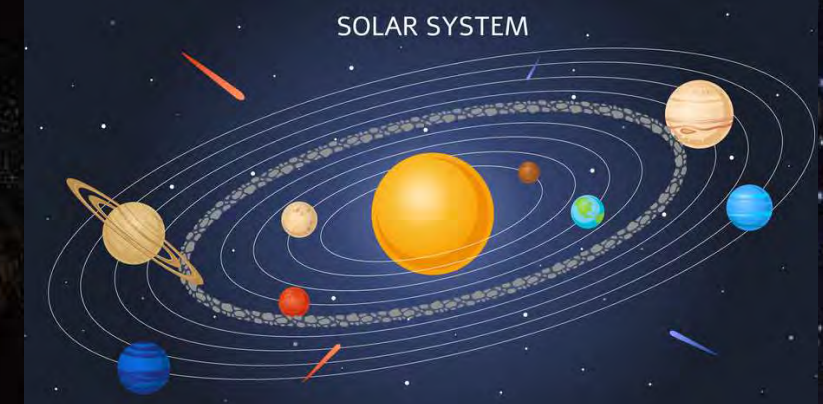


Universe



Galaxy - Black Hole at Center of Milky Way

SOLAR SYSTEM



Stephen Hawking is not only a Physicist, Cosmologist, and Author;

but also a **Great Global Community Leader** in the field of Physical Science.

Because He Linked Physics to Real Life which **Continuously Leading** Community

Understand the Universe by **Popular Science** instead of Abstract Formulas.

After his Death, his Children said his Legacy would "**Live on for Many Years**".



World's Leading Community Wellness Platforms

A Platform of Linking Advanced Science to Vast Daily Life Wellness Needs for Community Well-being By C.I.D * S.E.L

Visualization of all fields Health-Related Science / Holo-Wellness Science to Manage Wellness Easier



Power of Science

Link Global Community Successfully

Because it's Universal & No Borders.

It Brings Solutions

for Vast Daily Wellness Needs.

It Brings Changes - Quality of Life / Community

- More Healthy.Vibrant => Be Active . Connected .

Inspire . Green . Promising . Prosperous . Etc.

* Wellness Management

Wellness Tests, Accurate Assessment

Scientific Plans, Etc.

* Certifications - Implement Plans

Food Safety, Quality, Function,

Formulas, Efficacy Management, Etc.

* R&D Innovation - Efficacy Preparations

Formulas, Patents, Optimization Etc.

* Science . Education . Cultures . Tours . Etc.

Multicultural / Global Community

Programs, Wellness Science Tours, Events

Life Cycle Wellness Management Competitions,

National Nutrition Day, Immunity Week Etc.

New Global Careers & Jobs Opportunities

H.W.S - Holo-Wellness Science

S.S.V Science - Systematized, Simplified, Visualized from Health-Related Sciences

such as: Agriculture.Industry.Food & Nutrition.Cooking.Life.Wellness Tests.

Scientific Assessment & Plans, Various Methods of Wellness Care, Etc.

Interdisciplinary.Integration.Practice.Development



Science is Everywhere
Manage Wellness
S.E.S.E, How ?

C . I . D
S.E.L * S.S.V
S.E.S.E

Wisdom in Unity
Truth in Simplicity

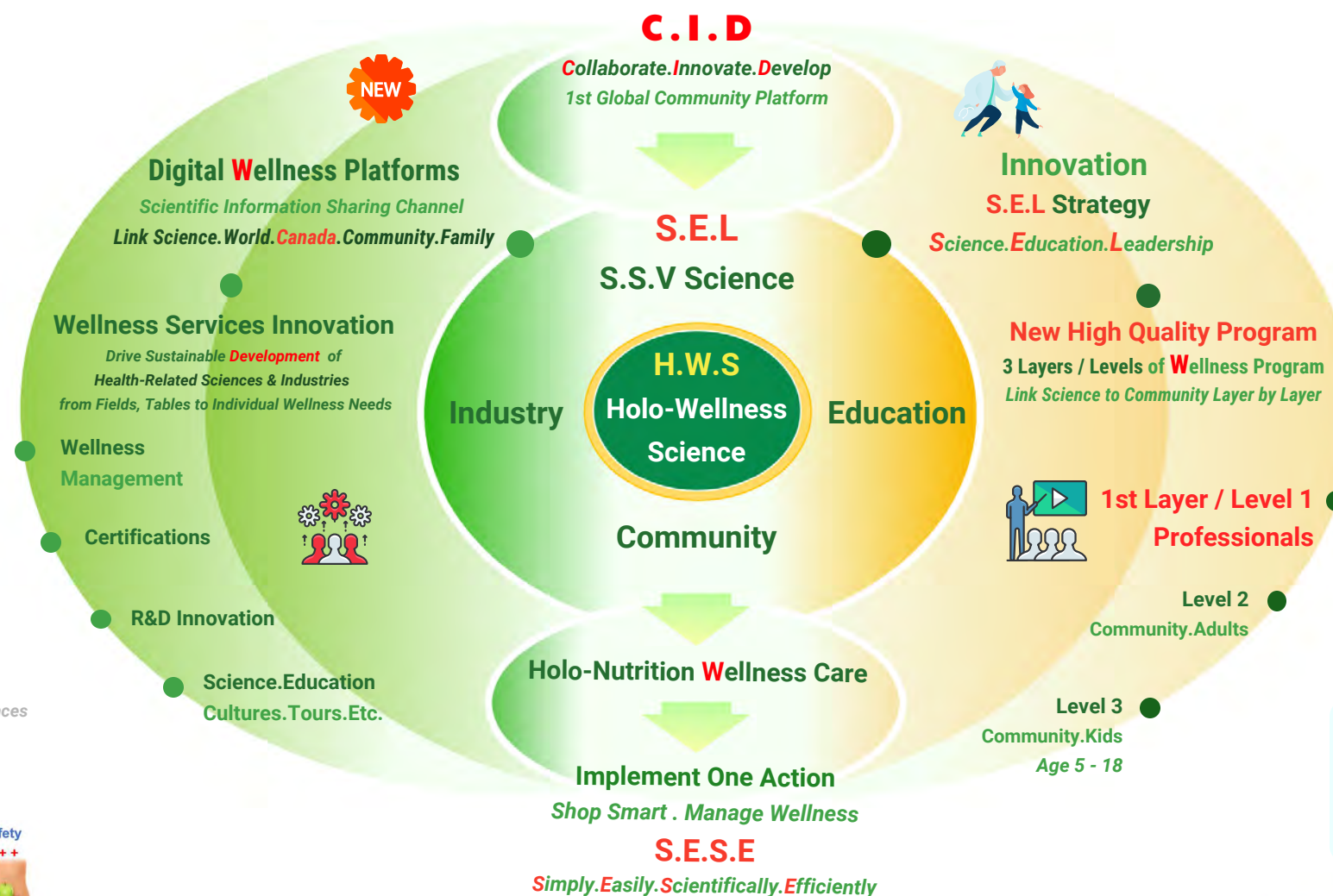


Wellness Learning

Help Green Economy Recovered & Led by C . I . D * S . E . L

Establish the Bridge of Wellness Science based on the Canada's Advantages in Global - Science * Education * Top Talent

ACPN



One World One Community One Family



Together as ONE; See Future Create Future Enjoy Future
Establish a Scientific & Functional Rainbow
for our Daily Life Wellness Needs

Holo-Wellness Science Education

for Community is the Most Powerful Weapon

We Can Use to Make the World Healthier

Designed by Global Wellness Leaders

Top Talent - Scientists.Professionals.Kids

* S.S.V Science - Systematize.Simplify.Visualize

- Link Science to Daily Wellness Needs Layer-by-Layer

* 3 Layers / Levels of Wellness Program

- Understand the Science Behind One Action:

Shop Smart . Manage Wellness S.E.S.E



* Level 1 - Program for Professional

Link Science to Community

- Community Leadership - Community Wellness Leader

- Holo-Wellness Science & Holo-Nutrition Wellness Care

- New Career & Job for Students / Coach.Teacher, Etc.

* Level 2 - Program / Multicultural Platform

for Adult.Newcomers - Link Science to Family

- Family Leadership & Be Own.Family Wellness Leader

- Life Cycle Wellness Management - Individual Wellness Needs

- Visualize & Integrate Learning Science,

Language, Culture, Arts, Etc. into One Action :

Wellness Management & Smart Shopping S.E.S.E

* Level 3 - Program / Global Community Platform

for Kids, Young People, Etc - Link Science to Kids

- Kids/Youth Innovation . Kids' Leadership.Future Careers

- Programmed by Kids' Leaders - Young Educators & Reporters

- Manage Wellness Scientifically Since Childhood (Age 5 - 18)

- Visualize & Integrate Learning Science, Arts, Language,

Culture, Digital Skills, Etc. Into One Action:

Wellness Practice & Have Fun

- Kids Lead Kids.Family.Community - Global Kids' Wellness Leaders



Science Leaders Scientists Professional Multicultural Community Newcomer.Family.Senior.Parent. Kids' Leader
Education Insight Determine Compassion Commit Collaborate Listen Encourage Inspire Integrate Scientific Practice

Industry Vision Mission Wellness Leadership Strategy Layer-by-Layer
Fields Action Innovation Enjoy Nimble Pragmatic Time

Table Communication Respect Honest Humility Appreciation Unselfish Patient Responsible Insist Progress New
Wellness Needs Core Values Principles Partner Opportunity Change Sustainable Capacity Accept Healthy Vibrant

Wellness Leaders





C . I . D

Collaborate . Innovate . Develop

Wellness Journey Started from **Science**

Vast Demands for Wellness Needs & Strategy

In an Era of Product/Information/Knowledge/Brand Explosion,
Continuous Development of Science, Traditional Textbooks are Difficult to be
Updated in timely manner, Not to Mention Daily Scientific Wellness Practice.

This Situation has Led to a Growing and Big Gap
between Science and Community Wellness Needs.

We believe Science plays a very important Roles in our life & will bridge the Wellness
Management Gap to bring better Changes: More Healthy.Vibrant
- Active.Connected.Inspire.Green.Promising.Prosporous, etc.

So We start our Wellness Journey/Mission from Science by
C.I.D Strategy - Collaboration.Innovation.Development

1) Collaborate - Collaborate with Scientists, Professionals & Kids' Leaders.

Bridge Scientific Knowledge Gap
Between Science, Industry, Community Wellness Needs.

Establish the Wellness Science Bridge
- based on the World's Advantages of Canada's Science & Education

2) Innovate - Innovate the Scientific System and Platform to Implement
an Action of Smart Shopping for Wellness Management which looks "Simple".

A. Strategy Innovation - S.E.L (Science, Education, Leadership) Strategy
Help Link Science to Community & Link Canada to Global Community
Layer by Layer from Scientists.Professionals.Kids' Leaders to
Community.Family.Kids/Global

B. Education Innovation - Create 1st / World's New Science Education Programs
- Link Advanced Health-Related Science & Education System to Community
by 3 Layers/Levels of Wellness Programs - Professional, Adults, Kids

C. Service Innovation
Life Cycle Wellness Management (Personalized, Micro to Macro)
for Immunity, Weight, Skin, Blood, Eyes, Brain, Heart,
Diabetes, Gout, Pain... / Seniors, Kids, Pregnancy, Baby, Etc.

D. Platform Innovation - A Platform for both Wellness and Careers.
A Community Wellness/Digital Platform which Link Canada to Global Community
By 3 Layers/Levels of Wellness Program
- Link Science.World.Canada.Community.Family

Global Connection

- Build Collaborative Communication & Scientific Information Sharing Channel,
- Deliver New Vital Community Wellness Services
- Help Shop Smart, Manage Wellness S.E.S.E.

3) Develop

Drive Sustainable Development of Health Related Sciences & Industries from Fields,
Tables to Individual Wellness Needs.

Create New Global Careers & Jobs Opportunities

S . E . L & S . S . V

Science.Education.Leadership & Systematize.Simplify.Visualize

Link **Science** to Vast Daily Life **Wellness Needs**

Bridge the Scientific Knowledge Gap Between Science, Industry and
Community to Support best Wellness Solutions by S.E.L & S.S.V

1) Science - Holo-Wellness Science - H.W.S

A. What is Holo-Wellness Science ?

- * Holo means Comprehensive and Objective.
- * Link Advanced Science to Community Layer-by-Layer
by S.E.L & S.S.V Scientific Process - S . S . V - Systematize, Simplify, Visualize
Advanced, Updated Health-Related Science into **Holo-Wellness Science - H.W.S**
with new scientific knowledge structure

B. New Scientific Knowledge Structure - Established on the foundation of
Health-Related Science such as: Agriculture, Industry, Food & Nutrition,
Cooking, Life, Wellness tests, Medicine, Methods of Wellness Care, Etc.

C. It Provides Scientific Support to Implement an Action
- Wellness Management / Smart Shopping S.E.S.E

It's Seemingly Simple that an Action of Wellness Management, Natural Health Products,
Functional Foods, Nutritional Supplements, and Functional Preparations look like.

But actually, they are very Complicated & practically Run through the "Big Health Industry".
They are Not a Simple, Independent Science Subject, But a Large Field Covered by Many Sciences.

In these Large Scientific Field, Botany, Zoology, Marine Aquaculture, Genetics,
Human Physiology, Environmental Science, Food Nutrition, Food Chemistry,
Microbiology, Life Sciences, Pathological Biochemistry, Food Processing,
Psychology, Toxicology, Medicine, Etc. They Interact and Promote Each Other
in these Fields and Support / Finalize / Implement
an action of Smart Shopping and Wellness Management S.E.S.E, Etc.

2) Education - New 3 Layers/Levels of Wellness Programs for Professionals.Adults.Kids.

General Science Education/Scientific Knowledge guided by H.W.S

- A. Programmed by Scientists, Professionals & Kids' Leaders
- B. Bridge Scientific Knowledge Gap. Link Science to Community Layer-by-Layer
from Scientists, Professionals, to Community/Family/Kids.
- C. Practice Science, Implement Wellness Plans S.E.S.E.

3) Leadership - Global Wellness Leadership & Kids' Leaders

- Link Science to World/Canada - Multicultural Community/Family/Kids

A. Layer-by-layer Leadership & Collaboration from Wellness Leaders
of Scientists, Professionals, Parents to Kids' Leaders.

B. Kids' Leaders - Young Educators & Reporters (Age 8 – 18).
Gifted. Strong Learning Ability, Compassion, Positive Energy,
Big Helpers. Help Community (Newcomers, Seniors, Parents, Brothers,
Sisters & Friends) Shop Smart, Manage Wellness S.E.S.E.

C. Global Connection & **Global Wellness Leaders**
Global Wellness Leadership & Sustainable Development. Create New Career & Job Opportunities.
Link Canada to Global Multicultural Community & Be Global **Wellness Leaders**.

Shop Smart & Manage Wellness S.E.S.E

Simply . Easily . Scientifically . Efficiently

Link **Science** to **Community**/Family.Kids Layer-by-Layer

Education / Services Innovation - New High Quality Programs

3 Layers / Levels of Community Wellness Programs

Designed by Global Wellness Leaders

1) 1st Layer / Level 1 - Wellness Program for Professionals

Platform for Professionals: Holo-Nutrition Wellness Care & Community Leadership

A. Help Professional become Community Wellness Leaders.

- Link Advanced/Updated Sciences To Community.

Deliver New Vital Community Wellness Services Guided By H.W.S

B. New Careers & Jobs - Wellness Advisors, Coaches, Social Workers, Entrepreneur,
PN / Certified Professional Nutritionists, Nutracologists, Teachers, Instructors
(Wellness, Science, Language, Arts), Coordinators (Projects, Events), Etc.

2) 2nd Layer / Level 2 - Program for Community.Adults

Multicultural Platform for Community/Adults, Newcomers, Etc.

- Wellness Management & Family Leadership - Be Own.Family Wellness Leader

A. **Visualize Science - Skills for both Wellness & Careers.**

Integrate / Combine Learning Science /Know Canada (History & Contribution,
Science & Industries), Language, Culture, Arts, Etc. into **One Action:**
Wellness Management & Smart Shopping S.E.S.E

B. **Holo-Nutrition Wellness Care**

- Understand Science behind Vast Daily Wellness Needs

From Fields, Industries to Tables for Food Safety, Quality, Function &
Smart Match - Enhanced Efficacy Management, Healthy Diet, Etc.

- Choose Foods Wisely : Determine Individual Wellness Needs & Shop Smart by
Food Guide, Nutritional Balance (Vitamins, Omega-3...), Blood Sugar Levels,
Mineral Ratios Balance, Food Immune Response/Inflammation/Sensitivity, Etc.

- Life Cycle Wellness Management, Personalized, Micro to Macro ,
/ Immunity, Weight, Skin, Blood, Eyes, Brains, Heart, Diabetes, Gout, Pain Management,
Etc. for Seniors, Kids, Pregnancy, Baby, Etc.

C. Global Connection. Help Connect to Global Multicultural Community,
Create Job Opportunities for Newcomer, Immigrant, Senior, Young Parent, Students Etc.

3) 3rd Layer / Level 3 - Program for Community.Kids

Global Community Platform for Community/Kids, Young People, Etc.

Kids' Wellness & Kids' Leadership - Learn Wellness Easily Since Childhood (Age 5 - 18)

A. Programmed by Kids' Leaders guided by Scientists, Professionals

B. **Visualize Science - Skills for both Wellness & Careers.** **Integrate** / Combine Learning Science
/ Know Canada (History & Contribution, Science & Industries), Arts, Language, Culture,
Digital Skills, Etc. Into **One Action:** Wellness Scientific Practice & Have Fun.

C. Global Connection & **Global Kids' Wellness Leaders**

Together, See Future.Create Future.Enjoy Future.

Help Connect to Global Community, Establish Science & Education Community Wellness

Link Kids' to Global Community, Be Global **Kids' Wellness Leaders**.

Teams Layer-by-Layer for Community Wellness Platforms

Team Together - Link Science to the Community Layer-by-Layer To Achieve Great Wellness
Design 3 Layers of Wellness Programs to Support **One Action**: Shop Smart & Manage Wellness S.E.S.E
Designed by **Top Talent** - **Global Wellness Leaders** - Scientists.Professionals.Kids

Management Team

Collaborate with Professional Team &
Link Science to Community

*Layer-by-Layer Leadership & Collaboration from Management
Team to Community Services Team and Volunteer Team*



Management Team



Thomas Lin Carrie Wei Rafik Ragheb Evan Moriarity Paul Kearns Jean-Michel Fitamant

Community Services Team



Volunteer Team



Professional Team

Systematize, Simplify & Visualize Health-Related Science &
Link Science to Daily Life Needs to Make Health Easier

*Layer-by-Layer Leadership & Collaboration from Scientific
Advisors, Professionals & Practitioners to Kids' Leaders*

Scientific Advisors

*Link Science to
Daily Life Wellness Needs
Holo-Wellness Science*



Dr. Shi Dr. Holub Dr. Sly Dr. Ni Dr. Ragheb Dr. Beaumier Dr. Rowland Dr. Beaudoin

Professionals & Practitioners Team

*Link Science to Family
Be my Own Wellness Leader
Guided by Scientific Advisors
Feedback to Scientific Advisors
Holo-Nutrition Wellness Care
Life Cycle, Micro to Macro
Optimize Personalized Solutions*



Kids' Leaders Team

*Link Science to Kids
Guided by the Scientific Advisors &
Professionals
Kids Lead Kids.Family.Community -
Global Kids' Wellness Leaders
Young Educators & Reporters
"The Young Children will be the Future Educators
and Examples of Healthy Living for the Future
Generations."
By Dr. Bruce Holub*





Wellness Leaders

NEW

Link Science.World.Canada.Community.Family

Vocational Training Programs

New Careers for Global Community

Link Science to Vast Community Wellness Demands Professionally

A. Holo-Nutrition Wellness Care Program

for Wellness Practitioners such as: Wellness Advisors, Coaches,
CPN / Certified Professional Nutritionists, Nutracologists, Etc.

* Life Cycle, Personalized, Micro to Macro, Efficacy / AI Platforms

B. Instructors Program for Community

(Social Workers, Instructors, Coordinators, Teachers, Entrepreneur, Etc.)

* Teach Community Wellness Program - for Seniors.Newcomers.Family.Kids

* Coordinate between Scientists, Professionals & Community.Kids

* **S.E.L** - Science.Education.Leadership

- Establish Layer by Layer Leadership from Professionals to Kids Leaders

* **S.S.V** - Systematize, Simplify, Visualize

Advanced Health-Related Science in the World

* Link science to Community and Deliver Services

with **3 Vital Steps** - **L.P.L** - Learn, Practice, Lead

by Workshops, Projects, Programs, Events, Etc.



Be Community Wellness Leaders



THE ASSOCIATION OF
CERTIFIED PROFESSIONAL NUTRITIONISTS

Level 1 - Wellness Program 1 for Educators

Designed by Global Wellness Leaders

Top Talent - Scientists.Professionals.Kids

Link Science to Community Professionally

New Programs to Support **One Action**: Shop Smart & Manage Wellness S.E.S.E



Layer-by-Layer Leadership & Collaboration

Establish the Bridge between Science, Industry and Community



Level 1 - Examples - Program & Workshop Designed by Scientific Advisors / Link Science to Daily Life Wellness Needs

Layer by layer S.S.V Science
Scientists, professionals &
kids' leaders work together to
Systematize.Systematize.Simplify
.Visualize Health-Related
Sciences.



1. Dr. Shi/**Agriculture & Industry**:Food Functions & Efficacy Nutrients - Canadian Berries, Oats, Dietary Fiber & Health Benefit.(3)
2. Dr. Holub/**Food & Nutrition**:Life Cycle Health Care with Omega-3 Fatty Acids and Personalized Omega-3 Testing.(1,2)
3. Dr. Sly/**Food & Nutrition**:Foods & Diseases. Are Processed & Preserved Meats Harmful? How can we avoid Cancer Caused by Food?(2,3)
4. Dr. Ni/**Life & Medicine**:Nourishing the Blood - Immunity in Cancer, Immune Nutritional Foods & Functional Nutrients.(1,2)
5. Dr. Ragheb/**Medicine** - Assessment:How to Boost Immunity - The Pro-Inflammatory and Anti-Inflammatory Cytokines & Nutrition.(1)
6. Dr. Beaumier/**Medicine** - Assessment:Smart Food Selectivity & Immunity - Scientific Evaluation, Food Sensitivity & Mineral Ratios Balance.(1,2)
7. Dr. Rowland/**Food, Nutrition&Medicine** :Life Cycle Holo-Nutrition Care - Auto-intoxication & Immunity Solutions by Efficacy Nutrients.(1,2,3)
8. Dr. Beaudoin/ **Food, Nutrition&Medicine**: Lipid metabolism & Immunity(1,2,3)



Achieve Wellness Care 1) Evaluation 2) Plans 3) Implementation Guided by **Holo-Wellness Science**
Systematize.Simplify.Visualize Health-Related Science

Layer-by-Layer Collaboration with Scientific Advisors , Professionals & Practitioners related Areas (Academia, Industry, Wellness Care)



Holo-Wellness
Science

S.S.V Science
Layer by Layer

Link Science to Community
Layer by Layer

Daily Life
Wellness Needs

Systematize.Simplify.Visualize Health-Related Sciences.Industries into Holo-Wellness Science

3. Implement Plans

2. Wellness Plans

1. Wellness Tests & Assessment

Holo-Nutrition
Wellness Care

Science of Agriculture, Industry,

Food & Nutrition, Cooking...

Life, Medicine

Harmful

Invisible substance Added – Fertilizer, Pesticide, GMOs, Hormones, Antibiotics, Herbicides, Preservatives, Ripening Agents, Colors, Flavor Enhancer...

Safety

+++



+++

Intangible substance Reduced – Nutrient Values, Rich Natural Taste & Delicious...

+++

Beneficial

Natural Foods, Nutritional Values, Functional Foods, Efficacy Nutrients

Efficacy

Fields
(Farms, Gardens...)

Industries
(Transport, Storage, Processing, Supermarket...)

Table - Individual Wellness Needs
(Family, Restaurant...)

Shop Smart

According to Individual Wellness Needs
Food Safety, Quality & Function
Efficacy Nutrition & Healthy Diet

Manage Wellness

S.E.S.E

Simply.Easily.Scientifically.Efficiently

Science Trip

Layer-by-Layer Leadership
Education.Sharing.Programs.Workshop.Event

Community Platform



Level 1 - Main Courses Description for Professionals

Designed by Top Talent - Scientific Advisors and Professionals

Link Science to Daily Life Wellness Needs. Implement One Action: Shop Smart and Manage Wellness. Be Community Wellness Leaders

Link Science to Daily Wellness Needs

(1) Introduction of Holo-Wellness Science

- Understand the Science behind one Action: Smart Shopping and Wellness Management S.E.S.E

A. What is Holo-Wellness Science ?

- * Holo means Comprehensive and Objective.
- * Link Advanced Science to Community Layer by Layer by S . E . L & S . S . V Scientific Process
- * S . S . V - Systematize, Simplify, Visualize Advanced, Updated Health-Related Science into Holo-Wellness Science - H.W.S with new scientific knowledge structure

B. New Scientific Knowledge Structure

H.W.S is Established on the foundation of Health-Related Science such as:
Agriculture, Industry, Food & Nutrition, Cooking, Life, Wellness tests, Medicine, Methods of Wellness Care, Etc.

C. It Provides Scientific Support to Implement an Action - Wellness Management / Smart Shopping S.E.S.E

It's Seemingly Simple that an Action of Wellness Management,
Natural Health Products, Functional Foods, Nutritional Supplements, and Functional Preparations look like.

But actually, they are very Complicated and practically Run through the "Big Health Industry".

They are Not a Simple, Independent Science Subject, But a Large Field Covered by Many Sciences.

In these Large Scientific Field, Botany, Zoology, Marine Aquaculture, Genetics, Human Physiology,
Environmental Science, Food Nutrition, Food Chemistry, Microbiology, Pathological Biochemistry, Food Processing,
Psychology, Toxicology, Life Sciences, Medicine, Etc.

They Interact and Promote Each Other in these Fields and Support / Finalize / Implement
an action of Smart Shopping and Wellness Management S.E.S.E, Etc.

Link Science.World.Canada.Community.Family

(2) Wellness Leadership for Community.Family.Kids/Young

- Layer-by-layer Leadership & Collaboration from Scientists, Professionals, Family to Kids’ Leaders.
- Link Science to World/Canada - Multicultural Community/Family/Kids
- Lead Community.Family Shop Smart, Manage Wellness S.E.S.E (Simply.Easily.Scientifically.Efficiently), & Build Strong Community.

A. Community Wellness Leadership - Link Canada to Global Multicultural Community & Be [Global.Community Wellness Leaders](#).

Scientist & Professional leadership to improve family leadership.

Improve the Professionals' Ability to Lead the Community.Newcomers Manage Wellness S.E.S.E

B. Family/Individuals Wellness Leadership - Link Science to Family & Be [My Own.Family Wellness Leaders](#).

Family leadership to improve kids’ leadership. Improve the Family Members' Ability to Lead the Family Manage Wellness S.E.S.E

C. Kids/Young Wellness Leadership - Link Kids to Global Community, Be [Global Kids' Wellness Leaders](#).

- One World, One Community, One Family Multicultural Community & Global Society
- * Improve the Kids/Young 's Ability to Lead Kids.Young.Senior.Family Manage Wellness S.E.S.E
- * Kids’ Leaders -Young Educators & Reporters (Age 8 – 18). Gifted. Strong Learning Ability, Compassion, Positive Energy,
 - Big Helpers. Help Community (Newcomers, Seniors, Parents, Brothers, Sisters & Friends) hop Smart, Manage Wellness S.E.S.E.
- * Kids/Youth Innovation . Kids' Leadership.Future Careers - Programmed by Kids' Leaders - Young Educators & Reporters
 - Visualize & Integrate Learning Science, Arts, Language, Culture, Digital Skills, Etc. Into Wellness Practice & Have Fun

Link Science to Individuals Professionally

(3) Food & Nutrition

Food Safety, Disease, Function, Supplements, Efficacy Preparation, Etc.

(4) Efficacy Nutrition - Basic Nutrients, Efficacy Nutrients, Formulas

- A. What is a functional nutrient? What are the current common nutrients? The type of nutrients and specific effects.
- B. Understand the discovery, development, and current academic research directions of functional nutrients.

(5) Introduction to Health Industry & Science behind Health Related Industry

- A. Understand the extraction methods, manufacturing processes and packaging techniques of the functional nutrients.
- B. Understand the effects of methods and processes on the efficacy and biological activity of the preparation.
- C. In the product explosion and a wide variety of health industry, choose the right product,
reduce the product variety as much as possible, ensure the best effect enhancement and manage wellness S.E.S.E.

(6) Wellness Tests - Determine Individual Wellness Needs

- A. Test methods currently available for wellness assessment in the worlds.
- B. Link the test results to wellness assessment and solutions.

(7) Wellness Assessment & Plans - Optimize Wellness Management Solution

- A. Assess Individual Wellness Needs based on Science - diet, living environment, historical records, and test results.
- B. Develop personalized wellness management plans.

(8) Holo-Nutrition Wellness Care, Nutrition Intervention and Practice

- Scientific Assessment, Plans & Implementation

- A. Understand Science behind Vast Daily Wellness Needs From Fields, Industries to Tables for Food Safety, Quality, Function & Smart Match - Enhanced Efficacy Management, Healthy Diet, Etc.
- B. Choose Foods Wisely. Determine Individual Wellness Needs & Shop Smart: Food Guide, Nutritional Balance (Vitamins, Omega-3...), Blood Sugar Levels, Mineral Ratios Balance, Food Immune Response/Inflammation/Sensitivity, Etc.
- C. Life Cycle Wellness Management, Personalized, Micro to Macro, / Immunity, Weight, Skin, Blood, Eyes, Brain, Heart, Diabetes, Gout, Pain Management, Etc. for Seniors, Kids, Pregnancy, Baby, Etc.
- D. Visualize Science - Skills for both Wellness & Careers - Integrate / Combine Learning Science / Know Canada (History & Contribution, Science & Industries), Language, Culture, Arts, Etc. into Wellness Management & Smart Shopping S.E.S.E
- E. Kids’ Wellness, Innovation & Kids' Leadership - Learn Wellness Easily Since Childhood (Age 5 - 18)

(9) Ethics of Holo-Nutrition Wellness Care



Wellness Leaders



Link Science.World.Canada.Community.Family

Layer by Layer Leadership & Collaboration with Scientists, Professionals & Kids' Leaders

- 1st - S.S.V - Systematize, Simplify, Visualize Advanced Health-Related Science in the World
 - Link Science to Daily Life Wellness Needs for Food Safety, Quality & Efficacy
 - Smart Shopping & Manage Wellness S.E.S.E - Scientifically, Easily, Simple and Efficiently
- 1) Deliver Community Service to:
Newcomers, Immigrants, Seniors, Parents, Kids, Etc.
 - 2) Integration. Integrate / Combine Learning
Health-Related Sciences / Industries, Speaking, Language, Culture, Arts, History, Contributions, Etc.
into Smart Shopping & Wellness Management S.E.S.E
 - 3) Manage Wellness in Various Ways, Skills & have Fun:
Writing, Speech, Drama, Comics, Report, Video, Arts/Music, Paint, Photography, Etc.



Be Own.Family Wellness Leaders



THE ASSOCIATION OF
CERTIFIED PROFESSIONAL NUTRITIONISTS

Level 2 - New Wellness Program 2 for Community - Adults

Designed by Global Wellness Leaders

Top Talent - Scientists.Professionals.Kids

Link Science to Community.Adults

New Programs to Support **One Action**: Shop Smart & Manage Wellness S.E.S.E



Link Science to Vast Community Wellness Needs

from Seniors, Newcomers, Immigrants, Families, Kids/Teenagers, Etc.

1st Time to See such a Scene - Get Together with Scientists, Professionals, Kids' leaders, and Community

Learn . Practice . Lead



Level 2 - New Wellness Program for Community - Adults

Mission Accomplished / General Holo-Wellness Science Education for Community
Help Link Science to Daily Life Wellness Needs



Examples - Program & Workshop Designed by Professionals & Practitioners

Holo-Health Science Support Team

Layer-by-Layer Leadership & Collaboration
from Scientific Advisors, Professionals & Practitioners to Kids' Leaders

Scientific Advisors
Link Science to Daily Life Needs

Professionals & Practitioners Team
Guided by Scientific Advisors
Feedback to Scientific Advisors
Link Science to Community

Kids' Leaders Team
Guided by the Scientific Advisors & Professionals
Link Science to Family
"The Young Children will be the Future Educators and Examples of Healthy Living for the Future Generations."
By Dr. Bruce Holub

Holo-Nutrition Wellness Care

- The Future Of Food Is Personal
- Life Cycle Immunity Boost For Kids, Adults And The Elderly
- Macronutrients And Insulin Resistance
- Child Obesity-early Life Nutrition And Adult Cardiovascular And Metabolic Diseases
- Maternal Nutrition Health Care - Diet And Anemia
- Common Diseases And Nutrition Of Infants And Young Children
- Bone Health And Osteoporosis, Arthritis And Joint Health
- Free Radicals And Aging
- Yogurt Probiotics And Gut Health
- Case Study - Healthy Eating Lifestyle For Modern Family
- Case Study - Family Nutrition And Healthy Growth Of Children
- Case Study - Macro-nutrients And Insulin Resistance
- Case Study - Immunity In Cancer And Immune Nutritional Supplements
- Case Study - Cholesterol & Cardiovascular Disease (CVD)
- Case Study - Dietary Salt And Hypertension
- Case Study - Iron-deficiency Anemia
- Case Study - Gout Diet And Self-nutrition Care To Avoid Next Attack
- Case Study - Constipation
- Case Study - Meal Replacement, Nutrition And Diabetes
- Case Study - Calcium Supplementation With Stones
- Case Study - Nutrition Health Care - Kids' Eczema
- Case Study - Trigeminal Neuralgia And Nutritional Health Care
- Case Study - Hypertension Is Complicate
- Case Study - Stay Away From Obesity
- Case Study - The Effect Of Lectins In Food And Weight Management
- Case Study - Autoimmunity And Nutrition

Wellness Leadership

Community.Family.Kids, Speech Skills etc. for Wellness Science

General Holo-Wellness Science

Help Implement Wellness Plans

- Industry / Food Safety, Quality,
Functional Nutrients & Smart Shopping

Natural health product regulations in Canada and how to evaluate the quality of a natural health product, maintain a calm, wise judgment ?Understand the Science & Information behind the Product

- Six Vital Steps Help Understand Food Safety, Quality & Efficacy Health Care
- Comparison of Regulations in different countries - Understand Food Safety, Quality & Efficacy Nutrients from Global Vision & Smart Shopping
- How to Filter Health Products - Use common sense to screen health products
- Case Study - Gain insight into the Products & be Smart
- Canadian Berries & Efficacy Nutrients - Healthy Food Developments in Canada
- Fiber, Oats & Efficacy Nutrients - Canada's Contribution to Functional Food
- Fiber Science & Canada's Contribution to Global Health
- Dietary Fibers in our Daily Life
- Antioxidant active ingredients in fruits and vegetables
- Hypoglycemic functional food, fat-lowering functional food
- Health benefits of dietary fiber
- How to shop for kids' snacks, drinks, instant noodles, oats etc.
- How to read nutrition facts & ingredients on food labels?
- Food additives and food safety, amino acids and active peptides





Wellness Leaders



Link Science.World.Canada.Community.Family

Kids / Youth Innovation

1st Kids' Wellness Programs Designed by Kids' Leaders - Young Educators & Reporters
Establish a Science and Community Platform for Kids

Kids Lead.Attract.Share.Inspire.Help Kids.Family.Community

Build the Gateway to the world's Advanced Health-Related Sciences & Global Community

1. Layer-by-Layer Leadership & Collaboration

with Scientists, Professionals & Kids' Leaders

2. Systematize, Simplify and Visualize Health-Related Sciences

to Make Wellness Management Easier

3. Build Science & Community Platform

Link Science to Kids & Young, Families, Newcomers, Etc.

4. Integration & Innovation

Integrate Learning Health-Related Sciences/Industries, Speaking,
Language, Culture, Arts, Digital Skills, History, Contributions, Etc.
Into Smart Shopping & Wellness Management S.E.S.E

5. Practice Science, Manage Wellness in various Ways, Skills & have Fun:

Writing, Speech, Drama, Comics, Report, Video, Arts/Music, Paint, Photography, Etc.

6. Kids Lead Kids. Family.Community - Learn & Inspire Each Others

Be Global Kids' Wellness Leaders



THE ASSOCIATION OF
CERTIFIED PROFESSIONAL NUTRITIONISTS

Level 3 - Wellness Program 3 for Kids.Young

Manage Wellness Scientifically Since Childhood

Designed by Global Wellness Leaders

Top Talent - Scientists.Professionals.Kids

Link Science to Community.Kids.Young



New Programs to Support **One Action**: Shop Smart & Manage Wellness S.E.S.E



Learn . Experience . Practice . Speech . Interview . Report . Share . Lead . Inspire . Healthy . Future

Level 3. New Kids' Wellness Programs - Kids/Youth Innovation

Establish a Science and Community Platform for Kids

The Gateway to the world's advanced Health-Related Sciences & Global Community

Kids'
Wellness
Programs

Examples of Kids' Wellness Programs Designed by Kids' Leaders Guided by Professionals - Young Educators



Layer-by-Layer Leadership & Collaboration
from Scientific Advisors, Professionals & Practitioners to Kids' Leaders

Scientific Advisors
Link Science to Daily Life Needs

1.Dr. Shi 2.Dr. Holub 3.Dr. Sly 4.Dr. Ni 5.Dr. Ragheb 6.Dr. Beaumier 7.Dr. Rowland

Professionals & Practitioners Team
Guided by Scientific Advisors
Feedback to Scientific Advisors
Link Science to Community

Kids' Leaders Team
Guided by the Scientific Advisors & Professionals
Link Science to Family
"The Young Children will be the Future Educators and Examples of Healthy Living for the Future Generations."
By Dr. Bruce Holub

Excellent Entries are Selected as General Wellness Science Education Link Science to Community - Kids.Young



1. Bully Story – Mental Health Clare Wang (8)
2. Three Knights of the Queen - Katelyn Lau (8)
3. Sugar in my Favorite food - Katelyn Lau (8)
4. ANB Presents... Healthy Living!!! by Anderson Wang (9)
(Video on YouTube : <https://youtu.be/wemFG8NGM24>
<https://youtu.be/0jVAUS4KdEU>)
5. Potaty the Little Glutton By: Ruichen Wang (10)
6. Diabetes & Insulin by Neo Chen (10)
7. Eating Rice Increases Risk of Diabetes by Tiffany Zheng(10)
8. School Lunch Bag Gourmet By Valenzia Lau (11)
9. Weight Management in My Family By Valenzia Lau (11)
10. Fit My Personal Diet Needs / Why you shouldn't try to look like someone else :))) - Mental Health Clare Wang (12)
Video on YouTube : <https://youtu.be/OWeSDUvRcFM>
11. Taking Care of Your Health When Pregnant -By Elim Wu(12)
12. Healthy and Unhealthy Anna Zou(12)
13. Mental Health – About Depression by Leo Liao (13)
14. Healthy Lifestyle – change eating habits & feel energy by Vivian Zeng(14)
15. How Does The HIV Work, What Treatment Are There ? by Amberly Dai(14)
16. Eating for Energy By: Nancy Li(16)

Practice - Help Each Other



Life Cycle Wellness Management Competitions



Deliver Community Services Professionally

3 Vital Steps - L.P.L - Learn, Practice, Lead

Help Link Science to Daily Life Wellness Needs , Deliver Community Services to Achieve Great Health

Accomplish Mission Efficiently & Successfully

3 Vital Steps

3 Vital Steps to Deliver Community Services & Accomplish the Mission - Be Healthy & Active

Strategies to Deliver Community Services

- Online Multicultural Community Services Platform.
- Programs, Workshops, Practice Projects, Consultations, Health Sciences Trip, Events such as: Life Cycle Nutrition Health Care Competitions, Nutrition Day, Immunity Week etc.
- **3 Vital Steps** (Learn, Practice, Lead & Inspire) to deliver community services and accomplish the mission.

Workshops Designed with Layer-by-Layer Collaboration - Help Link Science to Daily Life & Deliver Professional Services - Holo-Nutrition Wellness Care , Smart Shopping & Healthy Diet

Step 1. Learn Science (General Science Education) by Workshops, Programs, Projects, Health Sciences Trip etc.

1. Prepare workshops by Layer-by-Layer collaboration with scientific advisors related science areas (Academia - Scientists & Professors, Industry - Professionals, Healthcare - Professionals & Practitioners) which can help link science to daily life needs and complete one process of health care: Health evaluation, Health Plan, and Implementation - Smart Shopping & Healthy Diet.
2. Design the workshops topics that Link updated Science to daily life health needs.
3. Ensure the knowledge is accurate, current, simplified, understandable & workable.
4. Conduct Workshops For General Holo-Wellness Science Learning Before Competitions.

Step 2. Practice Science to Achieve Health by Competitions such as Life Cycle Nutrition Health Care Competitions

1. Work Together as a family or in different groups that drives different Leading roles from professionals (including interaction with the kids' art or science teacher) to individuals. Children especially in newcomers' families act as family messengers of Canadian food, nutrition & health sciences because the kids help families overcome the language barrier and guide smart shopping healthy diet at home.
2. Practice what we have learned at workshop, daily life & Design the competition topics from the experience guided by the professionals.
3. Determine the way of expressing health stories according to interests, skills, and specialties of the individual. For example, the following methods were used in the 2019 Life Cycle Nutrition Health Care Competition: photography, speech, report, writing, PPT, video, cartoons.

Step 3. Lead, Share & Inspire - Help more People by Events such as : National Nutrition Day

1. Awarding, Excellent Entries Exhibitions - Link Science to Daily Life Efficiently by Leading, Sharing & Inspiring .
2. Build Layer-by-Layer (LBL) Leadership, Especially Kids' Leadership by Working together.
3. Lead & Inspire more People when Sharing Excellent Entries as General Science Education.



Learn



Practice



Lead



We followed these 3 steps in 2019 and achieved great success. We believe it will bring Health & Happiness to the Families & Create future for the communities.

ACPN Online Workshops

ACPN Online Workshops

Respond to the needs of those most vulnerable to the health, social and economic impacts of COVID-19.

Special Thanks / Proudly Supported by

Government of Canada's

Emergency Community Support Fund lead by

Employment and Social Development Canada (ESDC)

The Canadian Red Cross (CRC)

Designed by Global Wellness Leaders

Link Science to Community Professionally

New Programs to Support **One Action**

Shop Smart & Manage Wellness S.E.S.E

Simply.Easily.Scientifically.Efficiently



Thank You

Canada



Canadian
Red Cross

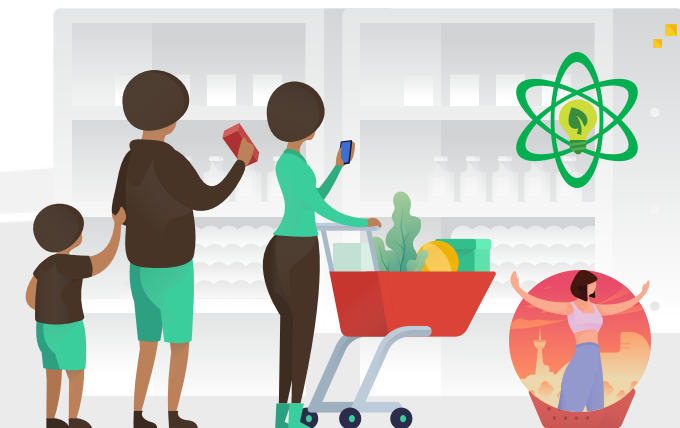
Croix-Rouge
canadienne



Wellness Leaders



Community
Wellness Needs



Thank You Letter

from Ms. Renée Xu
(rxu@ccscan.ca)

Catholic Crosscultural Services (CCS)

The Chronic Pain Relief Management workshop was a big success! Most of the senior members attended the live workshop. There were also a few younger participants from another group who need professional knowledge for their family members or themselves.

According their feedback, they appreciate the informative and in-depth presentation. Julia is knowledgeable on the topic and shared both scientific information and first-hand experience as a practitioner. I was impressed by your collaboration with Julia during the presentation.

This workshop is particularly beneficial to participants on the possible causes of chronic pain, everyday coping tips through food and movement, and how to choose the right health products.

We also appreciate that your speaker spending extra time on answering questions.

Thanks again to ACPN's support and effort!

Example of Online Workshops

Layer by Layer Leadership & Collaboration

Link Systematized, Simplified, Visualized Sciences to Community
Manage Pain Easily, Simply and Scientifically

Organizer: CCS & ACPN

Ms. Renee Xu / CCS
Ms. Carrie Wei / ACPN

Host : Ms. Sandy Liang/ACPN

Speaker: Ms. Julia Wong/ACPN



Online We-chat Workshop on Oct. 15, 2020
Chronic Pain Relief Management for Chinese Senior Wellness Group



Canada



Canadian Red Cross

Croix-Rouge canadienne

Screen Snap from We-Chat Workshop



Stories of Linking Science to Vast Community Wellness Needs

Q & A

Screen Snap From Online We-Chat Workshop

Special Thanks to the
Government of Canada's
Emergency Community Support Fund lead by
Employment and Social Development Canada (ESDC)
the Canadian Red Cross (CRC)

Canada



Canadian
Red Cross

Croix-Rouge
canadienne

Then today's lecture may end here. There is more information. If you have any questions, you can write it in the group or ask Rene to forward it to me, or contact me. Thank you.

How to treat thumb tenosynovitis ?

Teacher, I want to do the tests. Where is the tests? Where should I go to do tests?

If you want to know about the test, please contact me and we will recommend wellness tests based on individual needs.



Is this fish oil content/concentration okay?

The concentration of this fish oil is more than 60%, but we don't just look at the concentration when we eat fish oil, because a lot of fish oil is very easy to stain which means it's very easy to oxidize, so you should check/taste it when you eat it.



那今天讲座可能就到这里，信息比较多，如果大家有什么问题的话啊，可以写在群里或者请瑞内转发给我都行，或者联系我，谢谢大家。



大拇指腱鞘炎怎么治疗



老师要测试，在哪个地方测试呢？到什么地方去测试啦？



如果希望了解测试，请联系我，我们将会根据您的具体情况推荐相关的健康检测方案。



这个鱼油含量可以吗？



这个鱼油的浓度是有六成以上，但是我们吃鱼油不是光看浓度还要看，因为非常多的鱼油，它是很容易染色，就是很容易氧化掉的，所以你吃的时候还要看一下它的味道...



添加



Tina ...



Wen ...



Small-...



坤妮



枫叶Jine



凤朝阳



冬梅



zjin



张



钟竹前...



明月



yanggu



YLM



Xue Qi...



rosa



Lucy



Daisy ...



江月



李薇



David ...



Xie



yang_gu



Ying



瑞内 R...



Bing



第仁



雨潇潇



ZHS理



Sway



乔波



Ken



天王



阿兰



荔枝



空心草



弓长



Hong ...



君君痛...



Carrie



ACPN...



adena



Leozou



monkey

Group Announcement
For Chinese Senior Wellness Group
Hello everyone, this is an online event organized by Aijingge Library, specifically for the elderly during the new crown epidemic. Add a color to everyone's entertainment life in this special period of comprehensive anti-epidemic.

Stories of Linking Science to Vast Community Wellness Needs

Q & A

Screen Snap From Online We-Chat Workshop

Special Thanks to the
Government of Canada's
Emergency Community Support
Fund lead by
Employment and Social
Development Canada (ESDC)
the Canadian Red Cross (CRC)

Canada



Canadian
Red Cross

Croix-Rouge
canadienne

OK, we probably end here today, and if you have any questions, you can ask questions in the group or contact Rene

OK, 那今天大概就到这里我们可能就结束了, 然后如果大家有什么问题的话, 可以在群里提问, 或者可以私信我, 或者给瑞内都可以, 然后我会尽量的解答的。如果大家有需要的话也可以打电话给我或者微信我都行的好吗? 谢谢大家拜拜。

凤朝阳
谢谢老师! Thank you, teacher!

天王
谢谢老师! Thank you, teacher!

瑞内 Renée
非常感谢君君老师 🙏 Carrie和Sandy的支持 🙏
Thank you very much Julia, Carrie and Sandy for your support

zijin
鱼油氧化是什么原因呢?
What is the cause of fish oil oxidation?

zijin
谢谢老师! 🙏 🙏
Thank you, teacher!

zijin
它是胶囊啊! It is a capsule!

ACPN主持人Sandy Liang
谢谢Julia, 谢谢大家!
Thank you Julia, thank you everyone!

zijin
怎么知道它氧化了是与保质期有关吗?
How do you know if it is oxidized is related to the shelf life?

zijin
请君君老师告诉我 Teacher Julia, please tell me

瑞内 Renée
@zijin 氧化了的味道是那种哈啦味的
The oxidized taste is that of Hara

胶囊 🍬 打开 可以闻一下
Open the capsule, you can smell it

我想如果我的鼻子能闻到哈喇味, 那问题已经很严重了
I think if my nose can smell halal, the problem is already serious. is it?

ACPN主持人Sandy
谢谢大家! 我们明天下午六点前会离开本群, 如果还有问题的听众朋友可以发在群
If any questions, you can post them in the group. There will be a Q&A time tomorrow afternoon

zijin
明天下午几点?
What's the Q&A time tomorrow afternoon?

瑞内 Renée
@zijin 我回答的没有那么专业了。明天再听下答疑。
My answer is not so professional. I'll listen to Q&A tomorrow.

zijin
好的。瑞内! 因为我在服用这个鱼油, 所以很想了解得清楚一点。对不起, 打扰了
Ok. Rene! Because I am taking this fish oil, I want to understand it more clearly. I'm sorry to disturb you.

瑞内 Renée
Do you have a clinic?
Please write down your contact information

你看诊吗?
请你写一下怎么联系你

感谢 🙏 营养师君君内容丰富的讲解。可能有些老人家需要对某些知识点要听下回放去重复的理解和消化。有几位群友是为家人特意进群来听的, 如果有具体的问题请提出来。
Thanks for the informative explanation. Maybe some elderly people need to listen to the replay to understand and digest certain knowledge points. Several groups came to listen specifically for their families. If you have specific questions, please ask.

今天的讲座对我帮助很大! 谢谢老师的精心准备。谢谢瑞内和主持人! 🙏 🙏
Today's lecture helped me a lot! Thank you teacher for your careful preparation. Thank you Rene and the host!

@zijin 您的问题问得很好啊。当然是越详细越好。
Your question is very good. Of course, the more detailed the better.

我知道你准备了很久很久。
I know you prepared for a long, long time.

我只是做了联络, 君君老师和Carrie是做了很多准备。🙏
I just made contact. Teacher Junjun and Carrie made a lot of preparations.

这个联络并不容易。

Group Announcement
For Chinese Senior Wellness Group
Hello everyone, this is an online event organized by Aijingge Library, specifically for the elderly during the new crown epidemic.

Link Science to Vast Community Wellness Needs

from Seniors, Newcomers, Immigrants, Families, Kids/Teenagers, Etc.

1st Time to See such a Scene - Get Together with Scientists, Professionals, Kids' leaders, and Community
Together, See the Future and Create the Future



National
Nutrition
Day

Together Learn How to Manage our Wellness and Get Healthier

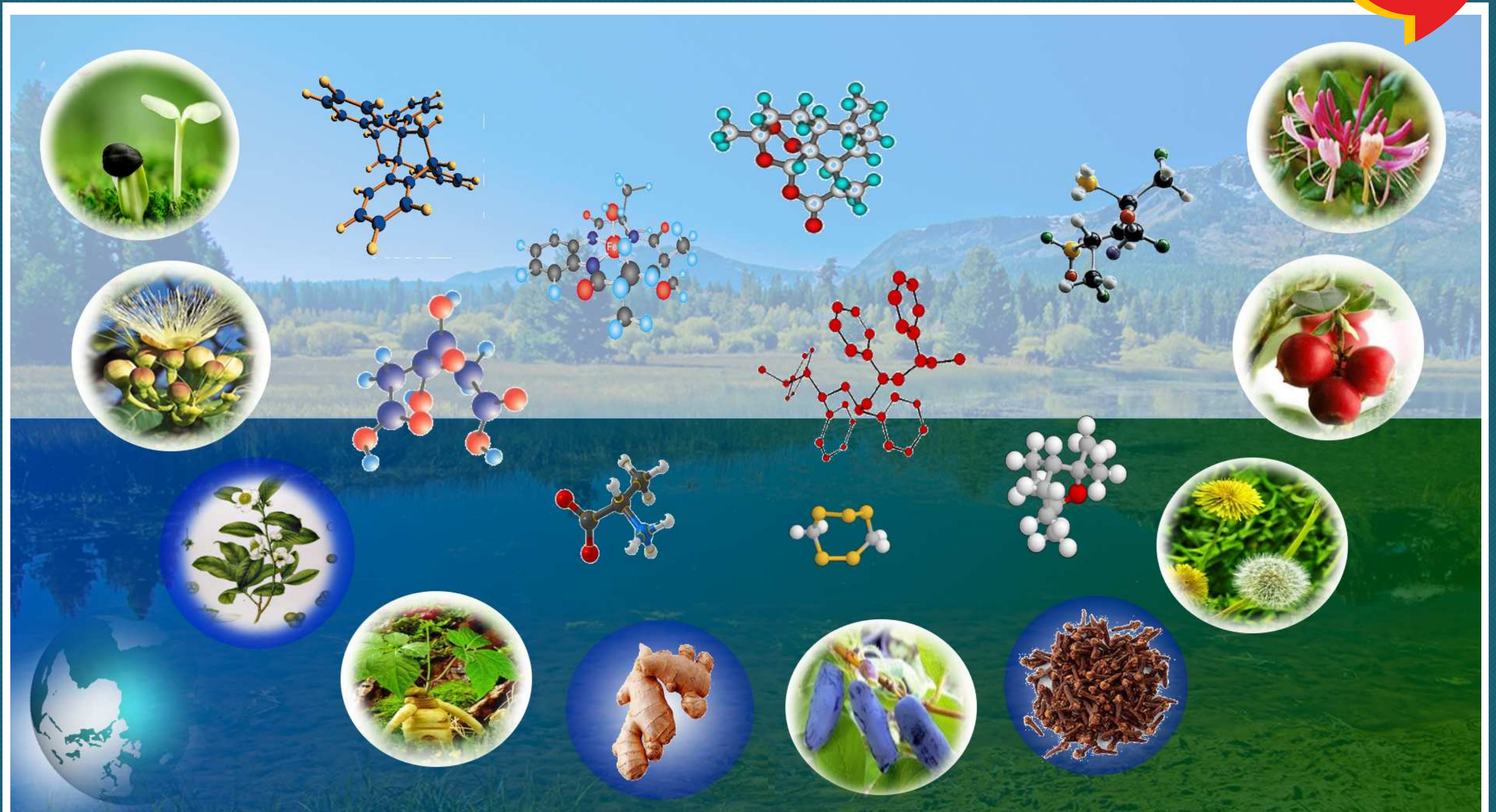


Keynote Speech
Bilingual (English & Chinese)

Help Community Understand the Science behind the World

How Health-Promoting Components - Phytochemicals & Bioactives Work for our Wellness?

**Efficacy
Nutrients**



Six Vital Steps

- Help Community Understand Science behind Industry for Food Safety, Function and Efficacy.
- Smart Shopping from Fields, Industries, Table to Body according to Individual Wellness Needs.
- Manage Wellness with Enhanced Efficacy Management,
- Implement Plans Easily, Simply, Scientifically and Efficiently.

Efficacy
Nutrients
behind Foods



Wellness Instructors

- Help Manage Wellness Guided by Science
- Build Community/Family/Kids' Leadership

Layer-by-Layer Leadership to Improve Kids' Leadership
Entries as General Science Education - Young Educators
Kids Understand Kids' Needs, Lead, Share, Attract, Inspire &
Help Each Other in Health, Mental and Science



Entries Exhibitions at Seneca Hill Public School – June 2019



Thomson Memorial Park - June 2019



Egyptian Community Sep. 6-8, 2019



NHH Center, Markham Jun. 2019

Missions Accomplished

Deliver Community Services Professionally & Successfully

by 3 Vital Steps (Learn, Practice, Lead)

- Examples of Events

- * Life Cycle Wellness Management/
- * National Nutrition Day Etc.

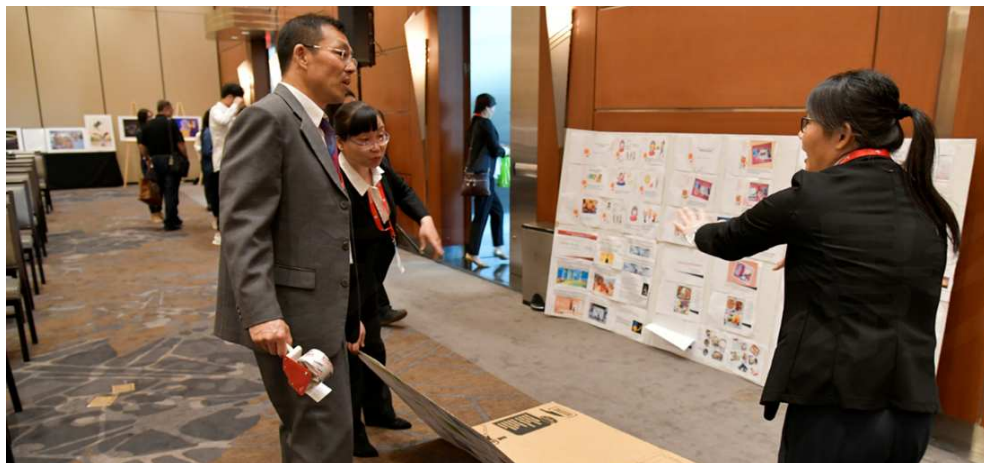
Entries Exhibitions on National Nutrition Day

Layer-by-Layer Leadership to Improve Kids' Leadership

- Young Educators

Smart to Link Science to Daily Life Needs, Simplify and Visualize Science to Make Health Easier

Kids'
Leadership
Young
Educators



A Platform of Linking Science to Daily Life Needs
Visualization of Health-Related Science to Make Health Easier
Missions Accomplished / Deliver Professional Services in 3 Vital Steps - Learn.Practice.Lead
Entries as General Wellness Science Education for Life Cycle Nutrition Care

National
Nutrition
Day

Step 3. Lead, Share & Inspire - National Nutrition Day / Guests Speech



A Platform of Linking Science to Daily Life Needs
Visualization of Health-Related Science to Make Health Easier
Missions Accomplished / Deliver Professional Services in 3 Vital Steps - Learn.Practice.Lead
Entries as General Wellness Science Education for Life Cycle Nutrition Care

National
Nutrition
Day

Step 3. Lead, Share & Inspire - National Nutrition Day / Preparing & Volunteer Training



A Platform of Linking Science to Daily Life Needs
Visualization of Health-Related Science to Make Health Easier
Missions Accomplished / Deliver Professional Services in 3 Vital Steps - Learn.Practice.Lead
Entries as General Wellness Science Education for Life Cycle Nutrition Care

National
Nutrition
Day

Step 3. Lead, Share & Inspire - National Nutrition Day / Reception



News and Videos

Life Cycle Wellness Management Competition

National Nutrition Day 2019-05-26 (Awards,Entries Exhibitions)

Learn, Practice, Lead, Share & Inspire - National Nutrition Day /
Layer-by Layer Collaboration: Keynote Speech, Awarding, Excellent Entries Exhibitions

Shop Smart
Manage Wellness
S.E.S.E

A. Life Cycle Wellness Management Competition

1. Chinese Media Reports - Life Cycle Nutrition Health Care Speech Contest
http://www.yesmyradio.com/news_detail.php?menuid=53&id=2216

2. Video on YouTube

1) Kids' Speech Contest-Part 1:

<https://www.youtube.com/watch?v=9GVkfLdkg10>

2) Kids' Speech Contest-Part 2:

<https://www.youtube.com/watch?v=N1ek0hfzQH0>

3) Kids' Video Contest on YouTube

3a: <https://youtu.be/wemFG8NGM24>

3b: <https://youtu.be/OryFR9oODdw>

3c: <https://youtu.be/OWeSDUvRcFM>

B. National Nutrition Day 2019-05-26

1. Media reports

1) <https://cmidinc.ca/news-and-events>

2) Chinese media reports - National Nutrition Day 2019-05-26

http://yesmyradio.com/news_detail.php?menuid=3&id=2264

2. Video on YouTube - National Nutrition Day 2019-05-26

1) Speech - Mr. Thomas Lin - President of ACPN

<https://www.youtube.com/watch?v=1KOJK08CC7s>

2) Dr.Bruce Holub Speech & Interview on National Nutrition Day 2019-05-26

2A: Speech: <https://youtu.be/W001tUUOKfM>

2B: Dr.Bruce interview:

<https://www.youtube.com/watch?v=Kufp9GDUOfA>

<https://www.youtube.com/watch?v=fGg7t1qxWfY>

3) Dr. Heyu Ni - Speech on National Nutrition Day

<https://www.youtube.com/watch?v=1KOJK08CC7s>

4) Dr. Rafik Ragheb - Speech on National Nutrition Day 2019-05-26

https://www.youtube.com/watch?v=elK4Sz6D_4

3. Chinese media reports - Awarding of Writing, Speech,Video Competition

<https://youtu.be/rRvHjns0PX8>

<https://youtu.be/VTwhrWe6TAQ>

4. Awarding of Photography Competition

1) Chinese media reports

<http://www.atlantic-arts.org/portal.php?mod=view&aid=197>

2) Video on YouTube - Awarding of Photography Competition

<https://www.youtube.com/watch?v=TkFAkeNCJ14>



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