

**ONLINE**

# canfitpro | 2021

## NUTRITION

**MARCH 3, 2021**

SPONSORED BY:



**SPECIAL OFFER!**

Attend this event and automatically receive a **25% discount** on our canfitpro 2021 Online event happening August 12-14, 2021.

TRACK	FOOD WORKSHOPS 	NUTRITION 	PERSONAL TRAINING 	WOMEN'S HEALTH TRACK 
<b>11:30 AM - 12:45 PM EST   8:30 AM - 9:45 AM PST   10:30 AM - 11:45 AM CST</b>				
<b>SESSION #</b>	<b>101</b>	<b>102</b>	<b>103</b>	<b>104</b>
<b>SPONSOR</b>				
<b>SESSION NAME</b>	Savory and Sweet Buddha Bowl Creations	Optimizing Performance with Nutrition	Plant-Power! Thriving with Plant-based Fitness	Nutrition and Its Impact on Mental Health
<b>TYPE</b>	W/S	L	L	L
<b>PRESENTER</b>	Teri Gentes	Nina Lane	Magdalena (Magz) Kordiuk	Alisa Herriman
<b>EQUIPMENT</b>	<i>Ingredients List Coming Soon!</i>			
<b>1:00 PM - 2:15 PM EST   10:00 AM - 11:15 AM PST   11:00 AM - 12:15 PM CST</b>				
<b>SESSION #</b>	<b>105</b>	<b>106</b>	<b>107</b>	<b>108</b>
<b>SPONSOR</b>				
<b>SESSION NAME</b>	Sugar Substitutes	The New Science of Late Night-Eating - Why It Matters	Supplements 101: Functions, Benefits, and Results	Burn out: Nutrition as a Tool for Stress Resilience
<b>TYPE</b>	W/S	L	L	L
<b>PRESENTER</b>	Andria Barrett	Dr. Marc Bubbs	Brent Bishop	Cristina Tahoces
<b>EQUIPMENT</b>				
<b>2:30 PM - 3:45 PM EST   11:30 AM - 12:45 PM PST   1:30 PM - 2:45 PM CST</b>				
<b>SESSION #</b>	<b>109</b>	<b>110</b>	<b>111</b>	<b>112</b>
<b>SPONSOR</b>				
<b>SESSION NAME</b>	Raw Foods That Nourish the Gut and Body	How to Thrive with Functional Nutrition in a Toxic World	Teaching Intermittent Fasting to Your Clients	27 Simple Practical Applications for a Vibrant Life – THINK Yourself® HEALTHY
<b>TYPE</b>	W/S	L	L	L
<b>PRESENTER</b>	Danielle Arsenault	Josh Gitalis	Thomas DeLauer	Nathalie Plamondon-Thomas
<b>EQUIPMENT</b>	<i>Ingredients List Coming Soon!</i>			
<b>4:00 PM - 5:30 PM EST   1:00 PM - 2:30 PM PST   3:00 PM - 4:30 PM CST</b>				
<b>SESSION #</b>	<b>113</b>			
<b>SPONSOR</b>				
<b>SESSION NAME</b>	Panel Discussion: The Impact of Nutrition During a Pandemic			
<b>TYPE</b>	L			
<b>PRESENTER</b>	Facilitated by Samantha Montpetit-Huynh			
<b>EQUIPMENT</b>	Featuring Andria Barrett, Thomas DeLauer, Josh Gitalis & Alisa Herriman			

**LEGEND:** L - Lecture | W/S - Workshop